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PULSE



Cowley County
Community College
Student Magazine

Fall 1994

Dance Line, Spirit Squad
Energize Cowley Athletics

Fashion 1994:
What's Hot, What's Not

Eating Disorders:
How Do Students Cope?

Anticipation for
Spring Sports Begins Now

Need Some Extra Cash?
Some Tips On Getting A Job

Major League Baseball
The Way It Should Have Been

PULSE

Cowley County Community College
Student Magazine
Fall 1994

Honor Band

Two Cowley students were talented enough to be chosen to the 80-member Kansas Honor Band this fall. Find out what drives these students to excellence. Page 5.



A Day In The Life Of

...

You know what your days are like. What about other people? Can you relate to them? Read how two people at Cowley deal with some unusual situations. Pages 12-13.



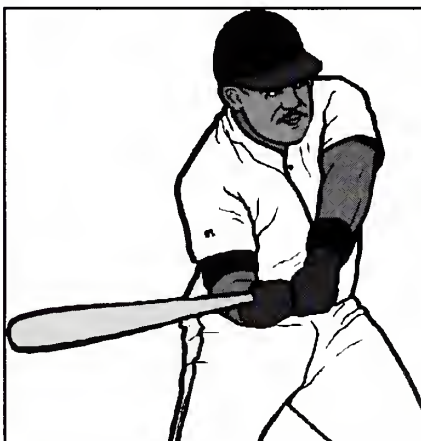
Future of Education

What will higher education be like in the year 2000? We asked Social Science Instructor Paul Stirnaman some tough questions. Page 21.



America's Pastime?

Think again. A late-summer strike put an end to baseball and, perish the thought, the World Series. But take heart, baseball fans. We played out the season for you. Enjoy! Page 23.



Fall 1994 PULSE Staff

Editor-in-Chief Kay Marler
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HEADLINES

Fall '94: State, National and International

Big news frequented the front pages of newspapers and magazines throughout the summer and fall of 1994. Following is a brief recap of just a few of the stories that made big news on the state, national and international levels.

O.J. SIMPSON CASE GRIPS THE NATION

Publicity continued to rise in the O.J. Simpson murder case as both sides prepared for trial. Jury selection was held as eight women and four men were seated.

USAIR CRASH KILLS 68 PEOPLE

A USAir commuter plane crashed just outside O'Hare International Airport in Chicago in October, killing all 68 people.

BIG EIGHT COACHES RESIGN IN NUMBERS

Four Big Eight Conference football coaches resigned within a few weeks of each other. Iowa State's Jim Walden, Colorado's Bill McCartney, Oklahoma State's Pat Jones and Oklahoma's Gary Gibbs all resigned.

JEFFREY DAHMER BEATEN TO DEATH

Jeffrey Dahmer, whose grotesque rampage of murder, necrophilia and cannibalism shocked the nation in 1991, was beaten to death Nov. 28, 1994 in a prison bathroom in Portage, Wis.

BOSNIAN CONFLICT KEEPS ESCALATING

The Serbs, who hold more than 70 percent of Bosnia, have repeatedly rejected a peace plan that would give them 49 percent of the country. Bloodshed continued in Sarajevo as the Serbs appeared to be unbeatable.

GRAVES DEFEATS SLATTERY

Republican Bill Graves will leave his job as Kansas secretary of state to become governor in January. Graves defeated Congressman Jim Slattery by a hefty margin.

WILDCATS POST ANOTHER 9-WIN SEASON

Kansas State's football team made it two consecutive nine-win seasons by finishing the regular campaign 9-2 heading into the Aloha Bowl on Christmas Day.

SIMPLY THE BEST



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Photo Courtesy Fred Rindt

This is the view of the Brown Center for Arts, Sciences and Technology from Third Street. The Board of Trustees approved construction of a balcony in the theater portion of the building. Most classes began on time in August. The Earle N. Wright Community Room was being completed at press time.

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A BIG Show in the LITTLE Theatre!

By Abe Hull
Staff Writer

The Vocal and Instrumental Music departments brought Cowley County yet another talent-filled presentation Oct. 9 in the first of what promises to be many riveting productions. The students of both vocal and instrumental talent had been practicing all semester long for the event. The little theatre was jam-packed with enthusiastic viewers. Chairs were placed in the isles to accommodate the crowd, but still the doorways to the theatre were filled with curious eyes awaiting the performance.

The program entitled "An Afternoon of Music" began with a "Processional March" written by our own band instructor, Gary Gackstatter. Then, they continued with "Australian Up-Country Tune" by Grainger and a piece named "Dinosaurs" by Bukvich. Then, Jazz band went on to perform four more pieces, all of which were eagerly applauded by the crowd.

Gackstatter chose the compositions for his portion of the show for their variety and challenge to the students in playing them and to the audience in critically listening to them. Gackstatter commented that the performance was, in his opinion, wonderful.

"This is a great start for the band program," Gackstatter said. "The only problem (with the concert) was that we didn't have enough seats in the Little Theatre."

Vocal music, with instructor Connie Wedel, was next on the list and was accompanied by sign language interpreter Kim Hungerford of the college's Interpreter Training Program. The Cowley County Singers was the first vocal group to take stage. The group entered through the back of the theatre and sang to various crowd members as they made their way to the stage for a grand medley of "Hooray For Hollywood!" that received monstrous applause from the audience.

Last, but not least, was the Concert Choir with an astounding performance of six different tunes, including a lullaby and Walt Disney's hit "From a Distance" which also was translated to sign language.

When asked her opinion of the performance Wedel said, "I was really pleased considering the short amount of time we had to prepare."



Hans Judd gets into his number on the trombone. Photo by Abe Hull



Cowley's Concert Choir performed a variety of tunes during the event. Photo by Abe Hull



Kim Hungerford signs during the fall vocal concert. Photo by Abe Hull



Strike Up The Band!

Cowley Students Among State's Best

Cowley County Community College band members Tina Gliniecki of Junction City and Hans Judd of Arkansas City were selected for the Kansas Association of Community Colleges Honor Band. The two were selected from a taped audition from more than 140 applicants from the state's 19 community college band programs. Eighty students performed in the band.

"Obviously it's an honor," said Gliniecki, a freshman. "I'm proud to make it at this level."

The two performed in a concert at the Wichita Airport Hilton in October 1994

under the direction of Dr. Mallory Thompson of the University of South Florida. Thompson is a well-known conductor and educator.

"This is a great honor for those two. The conductor is nationally known. They had a good experience there."

Gary Gackstatter

Gary Gackstatter, Cowley's instrumental music director, said he encouraged all of his students to audition.

"This is a great honor for those two," Gackstatter said. "The conductor is nationally known. They had a good experience there."

Gliniecki, who plans to become an instrumental director, plays the clarinet, saxophone, tuba, piano and bass guitar.

"I've played everything," she said. "I love sax for jazz but clarinet for band."

Judd, who will play the trombone, comes from a musical family. His grandfather, Kenneth Judd, was a music director at Arkansas City High School for many years and also taught at Cowley.

"My grandfather never really put any pressure on me" to perform, said Judd, a sophomore. "He always gave me encouragement, though."

Sometimes too much encouragement. Hans Judd said there was a time not long ago when he didn't enjoy playing.

"He (Kenneth) got me into lessons here at the college, but I hated it and I quit," Hans said. "I just didn't like the lessons and all the homework."

Gliniecki and Judd are active in Cowley's music department. They perform in the jazz ensemble and concert band, and Judd also is a member of the vocal music choir.



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Too HOT To Handle

Tigerettes Perform, Entertain In Sync

The Cowley Dance Line is having a great year. The group has performed at many events, both on and off campus. Just to mention a few: Cars shows, parades, and during Cowley home basketball games. The Dance Line consists of 24 women.

"Being a Tigerette is a lot of hard work but I really enjoy it," said freshman Emily Lovelace.

When freshman Jerusha Harmon was asked why she likes to dance she said, "It gives me a rush. I love to perform in front of people."

Needless to say these girls enjoy what they do and do it well.



Leslie Wartick, Jerusha Harmon, and Dee Dee Braungardt strike a pose during an upbeat performance.

Text and Photos
By Kim Shepherd



The Tigerettes strut their stuff at the Last Run Car Show.



Making it look easy, the Tigerettes do a perfect high kick line.

Not Just Smiles

Cheerleaders Have Tough Job: Motivate Home Crowd



Cowley's cheerleaders are in charge of putting enthusiasm into the crowd. Here the ladies perform a routine during "Meet the Athletes Night."

Getting flipped up into the air is one of the stunts female cheerleaders must get used to. Having trust in the guys to catch you also plays a big factor.



Cheerleading isn't just about looks, pep, and megawatt smiles. Today, it also takes strength, practice, and a lot of guts.

Cheerleaders at Cowley have to have pep, stamina and gymnastic ability, not to mention fearlessness (would you let someone throw you 10 feet into the air and trust that they would catch you?)

As freshman Arie Jones said "you have to have a lot of trust in your stunt partner."

Cowley cheerleaders make it look easy but it takes weeks, sometimes months, to perfect a single stunt.

"We have to work very hard to make a stunt look good," said freshman Shawna Woods.

So next time you see those smiling faces bringing enthusiasm to a crowd at a basketball game, remember these guys aren't just smiles!



The cheerleaders were caught walking and riding here, but at several points in the Arkalalah parade they did flips, twirls and other stunts.

Photos and Text
By Kim Shepherd

Eating Disorders

Beware of Warning Signs; There is Help Available

By Shanna Crittenden
Advertising Manager

They are *everywhere*. They are in our school. They are in our classes. You may sit next to one in class and not even know it. That's how it is with most people with eating disorders. They develop a secret side to their lives.

More than eight million people in the United States suffer from eating disorders, including anorexia nervosa, bulimia nervosa, and compulsive overeating. Three to 6 percent of these people will die from their disorder.

Anorexia: According to the American Psychiatric Association (APA) a patient will be clinically diagnosed as anorexic if they weigh 15 percent less than their normal body weight and have stopped menstruating for at least three months.

Some warning signs:

- premature bone loss
- cool, grayish or yellow skin
- mood changes: irritability, depression, suicidal tendencies
- fine, downy hair known as lanugo appears on skin (to retain body warmth)
- dry, brittle body hair

Bulimia: The APA says a patient is bulimic when their constant exercising and or repeated dieting is accompanied by severe binge eating at least twice a week for three months in a row. Usually the bingeing will be followed by purging (self-induced vomiting, use of laxatives or diuretics).

Some warning signs:

- damaged and discolored teeth (stomach acids erode the enamel)
- lung irritation: choking while vomiting causes food, particles to lodge in lungs
- salivary gland enlargement that looks like a case of the mumps
- sores on back of hand used for purging (where teeth scrape the skin)
- muscle spasms, weakness, irregular heart beat
- kidney disease caused by chronic loss of body fluids

It's been discovered that some people with eating disorders have reduced levels of certain brain chemicals or neurotransmitters that seem to play a major role in influencing moods.

The age when most disorders begin are between 12-13 and 17 years old and can continue on for decades.

The typical anorexic or bulimic comes from a middle- or upper-class family and is often a perfectionist and over

achiever. About one-half of those suffering from anorexia have been, or are bulimic. In most cases the victims eat only in privacy. Anorexics commonly wear only baggy clothes to hide their shrinking frame.

Anorexia nervosa has been around since the 1870s. Then the upper class ladies weren't supposed to eat like the "working people." In the Victorian era overeating was supposed to signify a lust for carnal pleasures that was shocking to the sex-paranoid society.

Women are taught at a young age to place tremendous importance on looks. Growing up female today puts one at risk for developing an eating disorder. It's an adolescent girl's way of denying her approaching womanhood. Maybe America itself has an eating disorder.

There also seems to be ties of women with eating disorders with victims of sexual abuse. Sexual abuse results in feelings of powerlessness and controlling food is one way to regain control.

Research shows as many as 30 percent of college women show symptoms of an eating disorder. A college-age woman's chance of developing an eating disorder are one in five.

Surprisingly, one million of the eating disorder victims are men. Men usually develop them through sports, either trying to gain weight quickly or lose it rapidly.

What is actually being done to understand, treat and prevent eating disorders? Not enough. Some people consider eating disorders silly, schoolgirl problems, not worthy of attention. The fact is these disorders are life-threatening illnesses. There is minimal funding for research and prevention. Public school prevention programs are practically nonexistent. Women's medical problems have always received less attention than men's. There are two major reasons these illnesses aren't brought into the limelight. First, eating disorder victims are usually young and don't have financial stability. Secondly, many are unwilling to go public with their disease.

We need to place a much larger focus on these serious eating disorders which are claiming the lives of more and more victims every day.

There shouldn't be such a food obsession, but there is still a lot of work to be done to erase it. We need to separate food from issues of morality and control and see it for what it is; a normal every-day routine which keeps us alive, not something that destroys us.

Harrison, Riggs, Godsey September-November Students

James Harrison, a freshman from Wichita, Julie Riggs, a sophomore from Arkansas City, and Gina Godsey, a sophomore from Winfield, were named September, October and November Students of the Month.

Harrison is the son of David and Earlene Harrison of Wichita. He is a graduate of Wichita Northwest High School. Harrison is majoring in secondary education with a minor in music. He holds a 3.33 grade-point average.

While working at the Arkansas City Country Club, Harrison is president of Volunteers Learning Through Service. He is also an adviser for Service Learning Central.

Riggs is proof good leaders don't have to be extroverts.

She leads by example.

Riggs is the daughter of Larry and Barbara Riggs.

The sophomore has a 4.0 grade-point average while majoring in secondary education. Throughout her Cowley career she has been active in the drama department and has played many major roles, both on and off the stage.

Riggs played Ado Annie in the spring 1994 musical "Oklahoma," and has held a variety of parts in fall plays and summer theater workshops.

Godsey has a 3.94 GPA and is active on and off campus. She is a returning member of Cowley's Dance Line squad, is a student ambassador, a member of VoLTS and Phi Theta Kappa. She also volunteers at Cowley County Safe Homes, helping abused women and children.

Godsey also was a candidate for the title of Queen Alalah. She is the daughter of Ron and Donetta Godsey.

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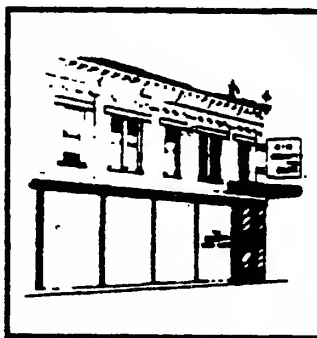
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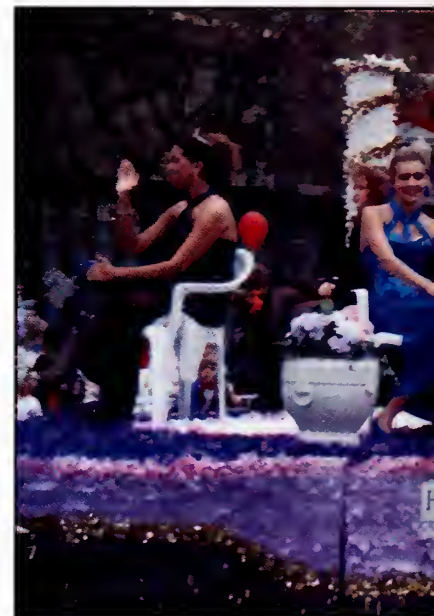
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The Merry-Go-Round is still a favorite among carnival-goers. The ride during the 1994 Arkatallah received quite a workout.



From left, Jill Bernhardt, Mary Queen Alalah Jennifer Steele and



A handful of Aladdin look-a-likes marched through the parade route searching for the magic carpet. Seriously, these characters added life to the parade.

lalah 94

**A Salute
to Disney!**



*ett, Gina Godsey, Kim Gottlob and
miles atop their float.*



*What's a parade without clowns? This one
brightened a cloudy, gray day.*



*The Cowley Tigerettes used an unusual mode of transporta-
tion to make their way through the parade.*

Photography
by
Kay Marler
&
Kim Shepherd

What a Day! A Day in the Life of Cathy Hendricks

By Kay Marler
Editor-in-Chief

Many people don't like getting up early in the morning.

Cathy Hendricks, Psychology and Sociology instructor, is one of them.

On the morning of Oct. 14, Hendricks was awakened by her son, Chris, who had just missed the school bus.

"I'm really not a morning person, however when it's cold or if the kids wake up late, I drag myself out of bed to drive them to school," Hendricks said.

This is a day in the life of Cathy Hendricks, Thursday, Oct. 14, 1994.

7:30 a.m. — She got up so that she could take her son, Chris to school. He is 12 and is currently attending Arkansas City Middle School.

8:00 a.m. — Getting ready for the day was the main chore.

9:00 - 9:40 a.m. — This is her morning office hours. During this time she worked on study guides for both psychology and sociology. After which she ran off enough copies for each of her students.

9:40 - 11:10 a.m. — Sociology is her first class of the day. The class took notes while Hendricks explained status and roles in relation to social interaction. At the end of the hour they did a group experiment on how the size of groups effect interaction.

11:20 a.m. to 12:50 p.m. — Psychology class. She went over Freud's Dream theory, then explained some of the symbols in dreams. At the end of class a group discussion was held about different dreams that they had experienced.

Hendricks stated, "Dream Theory is one of my favorite topics to go over. It's a good way to get to know the students better."

1:00 - 2:00 p.m. — After stopping back at her office to get a few things, she got in her car and headed to Wellington.

2:00 - 3:30 p.m. — Taught another Psychology class in which she went over the same material as she did earlier in the day.

3:30 - 4:30 p.m. — On the drive home she enjoys listening to 96.3 FM.

"The ride to Wellington and back is usually long and boring, but it does give me time to collect my thoughts and relax a little bit. Tuesdays and Thursdays are stressful and I need that break between classes in order to recover," Hendricks said.

4:30 - 5:00 p.m. — Back in the office. She organized papers to be worked on at home.

5:00 - 5:30 p.m. — She picked Carrie, her daughter, up and took her to work. Carrie works at Sonic in town.

5:30 - 7:00 p.m. — After taking a short nap she made a simple meal for supper.

7:30 - 9:00 p.m. — Grading mid-term exams was the main event.

9:00 - 10:00 p.m. — Hendricks helped Chris with his homework while watching "Dateline NBC."

"I always try to help the kids with their homework when they have problems, even though I may not know what I'm doing," Hendricks said.

10:00 p.m. — She began watching her regular late night shows before going to bed.

"What a day! The only way I get through Thursday is by constantly reminding myself that tomorrow is Friday," she said.



Photo by Kay Marler

Hendricks helps the students in her psychology class examine their dreams "Freudian style."

To Commute or Not to Commute THAT is the Question

By Abe Hull
Staff Writer

Grrrrrr the sound of the alarm clock shocks you out of a deep sleep and sends you on your way to another day of learning. This is how many Cowley students begin their days.

Freshman Ben Ashmore of Winfield is no exception. Ben is one of many students and teachers who commute to Cowley County Community College every day.

A day in the life of Ben begins with a startling alarm clock at 6 a.m. on Mondays, Wednesdays, and Fridays.

After relaxing for a few moments he drowsily gets up and goes to the kitchen for his morning coffee. With a sleepy look on his face he clicks on the TV and sits down. After lighting a cigarette, he picks up his piping hot coffee and turns the channel to The Today Show for a dose of entertainment.

After waking up a bit, Ben makes his way to the bathroom for a shower and shave. Then, after a little more relaxing he heads to Arkansas City for his 10:20 algebra class and 11:30 drawing class. After business is taken care of he heads over to a friend's house to hang out and talk for a while with some of his friends in his band.

Next, it's off to his favorite fast food restaurant, "Sub-Way," for lunch. Then, back home to finish off what homework he has and work on his latest painting and his latest sculpture. After a little leisure time he changes clothes and takes off for work at the Winfield "Pizza Hut Delco." By the time he gets home from work it is about 2 a.m. and definitely time to go to sleep. The day is over, but in a few hours it will start all over again.

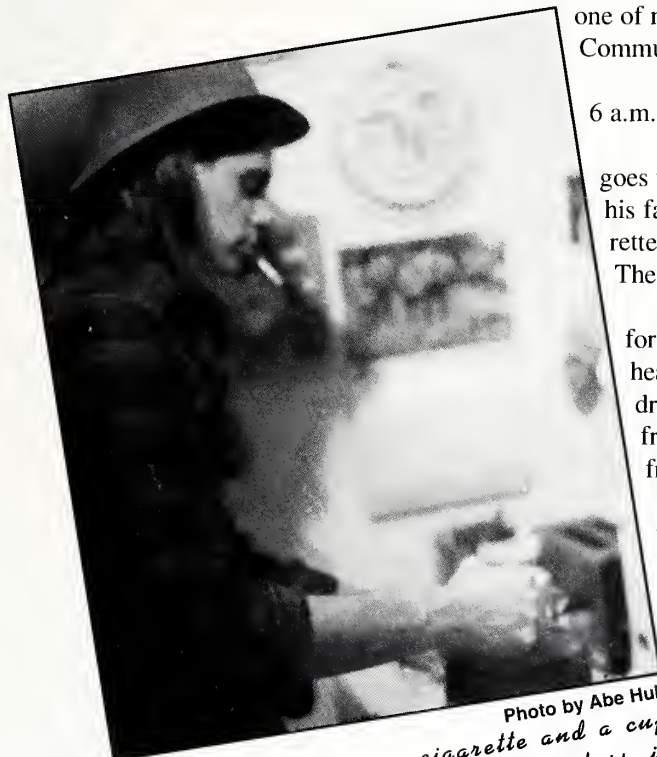


Photo by Abe Hull

Ben Ashmore enjoys a cigarette and a cup of coffee before heading off to class in Arkansas City.



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What They Never Knew

Village People Spotted In Little Theatre

By Kay Marler
Editor-in-Chief

The Village People never knew Gary Abner, Mark Nelson, Darin Spence, Corwin Curtis and Heath Peterson's rendition of their song, "YMCA," would win first place. As a group they stated that they had practiced between 30 and 40 hours.

"We were a little apprehensive about entering, but were glad they did," Nelson said.

By getting their idea off of Steve Martin's act on "Saturday Night Live" the basketball team Cathy Hendricks and Jean Tidwell won second place. They performed "King Tut."

"We didn't practice we just watched the video," said Tidwell.

By doing "Jail House Rock" Terri Morrow, Maggie Picking, Joan Warren, Janice Stover, and Forrest Smith won third place. They practiced for 14 hours in the old music room in Galle-Johnson Hall.

"We let our hair down and went for it," Smith said. "We had fun doing it."

Fourth place was secured by Salaam Chaaban, Charlie White, Kevin and Laura Pennington, and Pat Mauzey for their version of "The Duke of Earl."

A grand prize of \$50 went to the CC Singers for their rendition of "Just 'A Swinging." The money will go toward the spring music tour.

Connie Wedel, vocal music instructor said, "We had a blast. And we're proudly showing off our trophy in the music room."

Singing "That's What I Like About You" by Trisha Yearwood, Barbara Rush won second place and \$40.

"I think the CC Singers did a good job," Rush said.

Two weeks of practicing won the female volleyball team \$30 and third place for their version of "Grease."

"Maybe we didn't make people laugh as much last year but by using the 50's music from "Grease" this year we thought we would relate to the age group more," says Heather Powers.

Using his winning act from last years "Cinder Fella" contest, Cedric Stewart won fourth place. He won \$20 for singing "Proud Mary."

Jerry Mangen, Cindy Grimes and Lynn Cramer served as judges.

According to Grimes it was easy deciding first and last placer; it was the second- and third-place winners they had trouble deciding.

"Name That Tune" was played between acts throughout the evening.

The music and round sound for the event was performed by Brian Shephard and Tyson Blatchford.

The evening was presented by Dejon Ewing, the speech/drama instructor. She also was in charge of deciding the order in which the acts would go. She started it with something that she thought would get the crowd's attention. Then she mixed the group acts with the solos, and the faculty and staff acts with the students' acts.

"One of the things I like about 'Puttin' on the Hits' is hearing people say 'I can't wait till next year,'" Ewing said.



Photo by Kim Shepherd

All that jazz! Kevin Wright displays his talent on the saxophone as part of the "King Tut" performance while Cartege Loudermilk (left) and Brian Buchanan dance to the rhythm.

How is A Play Chosen?

Drama Instructor Spends Weeks; Just Anything Won't Do

By Kay Marler
Editor-in-Chief

The process doesn't start with just looking at playbooks and choosing from them. It starts with the past. Performing in plays. Seeing them performed. Watching them on television. Reading them. What was liked and disliked.

The person who chooses what plays will be performed at Cowley County Community College is Dejon Ewing, speech and drama instructor. During summer vacation she starts the process of going through playbooks to narrow her decision to just a few.

The play has to have certain characteristics. It has to appeal to both the students performing it and to the audience. If it is not exciting enough, no one will be willing to put much work into it, which leads to a bad production.

"I have to feel good about it because my name goes on it as director, leader and producer," Ewing said.

Parts also are important in choosing. Are there enough parts? Are they big or small? Are there female and male parts?

Knowing what plays are going to be produced at other colleges and community theaters also helps Ewing decide.

Usually there is a smaller audience if they choose the same play.

She gets some opinions from Act One, the theater club, on what kind of plays they want to perform in or see performed.

"If they like a certain play I ask them to let me know. Their input is always welcome," Ewing said.

Facilities and props are considered. The facilities have to be large enough to fit the whole set without it being too cramped. Making sure that there are enough props or that certain props are available also is important. You can't exactly have an actor in the play get a can of pop out of the refrigerator if you don't have a pop can or a refrigerator. The cost to get the extra props or to get the equipment to set them up is considered because if it's not within the budget, it's a no go.

After the play is finally decided, actors are chosen and the stage craft class begins designing the set. A few months later the play will be performed to a sold-out audience in the Little Theatre.

"It is important to me that the play be worthy of the time spent on it," Ewing said. "That the values represented in it are strong" also is important.



Photo by Kay Marler

Fashion

What's

By Shanna Crittenden
Advertising Manager

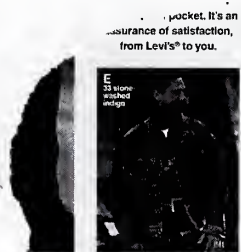
The Grunge Look has finally exited the fashion scene, and has been replaced by glamour. Metallic clothes are super hot this season — from steel gray to burnished gold, it takes the form of jeans, skirts, and even shoes.

Anything and everything in velvet is definitely "in" again. Black hosiery is the perfect accessory, especially with this year's newly arriving neons.

If your clothing budget is a little tight this year, you are in luck. Some of last year's fashions are still in style. All of your short skirts — pleated, wrap, or A-line, are still in demand.

Also, this summer's hottest necessity, the slip dress, can be converted to fill in your fall wardrobe by wearing it over turtlenecks and tights.

As the temperature drops, the layers pile up on knitwear for men and women of all ages and sizes. Comfort is the key, and cotton is still



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S H O E S



in '94

Hot, What's Not



a favorite fabric. Turtlenecks, jackets, shorts and leggings are all being paired up with the popular hiking boot.

Everyone is "mad for plaid" and it will go down in the record books as the hottest look for '94. Plaids will be seen in wool, flannel, and rayon and will be bold in design.

Short pleated skirts are often used in the popular School Girl Look, which goes as far as to include hair bows, bobby socks, and Mary Janes.

Fake fur is making its way down the runway this fall topped with the upswept hairdo. Updoes are topknotted, twisted and braided, but the most often seen look will be the classic school girl ponytail.

Whether you are wanting a whole new look, or just need to update your current wardrobe, these are the latest trends that will be seen on campus, at ball games, and even for a night on the town.



Spring Squads Expected

By Eric Helzer
Staff Writer

Ah, springtime.

Cold, gray weather is replaced by that of warm and sunny.

Dead foliage is replaced by new life, green and promising.

The pounding of tennis balls and the "ping" of aluminum bats fill a void left in the winter months.

Tennis, baseball and softball. Cowley has had its share of success during the past decade, and the spring of 1995 should be no exception.

The Tiger tennis teams, coached by Andre Spence (women) and Larry Grose (men) are coming off national academic championships. Ed Hargrove's softball team also hit the books hard last season and won the academic national title.

So what about in the field of play? There is still room for improvement, but all three squads are expected to be as good or better in 1995.

Women's Tennis

Spence, who inherited the women's tennis program full-time from Deb Nittler, has four returning sophomores and two freshmen. The Nos. 1 and 5 singles players are gone, but Spence feels her team can compete for the national title. A tougher schedule may prove to be the difference.

"We need to play more challenging schools," Spence said.

The 1994 Lady Tigers captured the Region VI title without a loss and finished sixth in the nation. Jill Bernhardt, Amy Jones and Myung Yu were all quarterfinalist in the singles division and Kim Boller was a semifinalist in singles and earned All-American honors. Everybody won their doubles matches.

This year Cowley has two new freshmen who are expected to carry a big load. Wendy Wethers and Crissy Rollins are aimed at one goal: to win and be the best they can be.

Men's Tennis

The men's team is coming off another successful season in which it won Region VI and finished in a tie for second place nation-

ally. Grose has had a national powerhouse the last five or six seasons.

Three players walked away from the tournament with national championships. Junior Brown and Orlando Martinez took first at No. 1 doubles, and Thomas Park captured the No. 6 singles title. Brown was named a first-team All-American, while Park earned second-team honors.

Softball

Hargrove's Tigers finished 38-15, setting a record for victories in a single season at Cowley. The Lady Tigers finished second in the Jayhawk East and second in Region VI.

First-team all-Region VI players were Dani Anthony, second base, and Stephanie Hatfield, shortstop. Second-team all-Region VI players were Casey Jones, catcher;

Nicki

Anderson, pitcher; Allison McCabe, third base; and Shannon Scott, center field.

All-conference players were, first team, Tanya Shain, first base, and McCabe, third.

Second-team all-league honors went to Anthony, second base; Hatfield, shortstop; Erin Burdick, left field; and Missy Lee, right field.

Scott and Valerie Koons earned honorable mention honors.

Baseball

The Cowley baseball team, under head coach Dave Burroughs,

placed two players on the all-conference

East Division team.

Mark Short, designated hitter, and

John Nichol, outfielder, earned

spots on the first

team. Earning

honorable mention

honors were Scott

Sheehan,

Ryan Darst and Marlon

Burroughs.

Academic National Champs

When teams perform up to their potential in the field of play, coaches tend to get pretty excited. But when they perform well in the classroom, that's what it's all about.



Jill Bernhardt returns for her sophomore season as the Lady Tigers look to improve on their sixth-place national finish.

Photo Courtesy Fred Rindt



Pitcher Nicki

Gain National Attention



Photo Courtesy Fred Rindt

son will be one of the Tigers' strengths during the spring.

Three Cowley teams captured national academic All-American awards during the 1993-94 academic year.

"We've won Region VI and I've been named coach of the year, but I've received more complimentary remarks on this award than any other in the 12 years I've been here," Hargrove said.

Cowley's softball team commanded a 3.10 grade-point average for the season, highest in the nation, in earning the title of West-Pitch Softball Academic Team of the Year.

The men's tennis team posted a 3.38 cumulative GPA in earning that sport's title, while the women's tennis team, under coaches Nittler and Spence, compiled a 3.54 overall GPA for that national title.

The three teams were pictured in the October 1994 issue of JUCO review.

"From the day they get on campus, we tell them that if they don't perform academically, they can't play," Grose said. "It is some kind of feeling to win this like a national championship on the court. The students accepted the same challenge in the classroom as they

did on the court."

Nittler said she recruits talented athletes who are strong academically, too.

"A lot of it has to be that," she said. "You can look at it that if they're a good student in high school and have goals, they will be a good student in college. They know what they want to do. When you have kids like that you don't have to worry about whether they attend class or do well in school."

Hargrove likely will have a strong academic softball team in spring 1995. His nine returning sophomores have a combined 3.72 GPA.

"We have grade checks every two or three weeks, and anytime they get an absence or a down note, they have to spend an hour in the library on Sunday nights," Hargrove said.

"And they don't like to do that, especially if they planned to go home that weekend."

Eight sophomores and four freshmen currently boast 3.5 GPAs or higher, Hargrove said.

The awards are especially difficult to earn because of the amount of time athletes must spend out of the classroom. Hargrove said last spring that out of 24 playing dates, his players probably missed 12 full days of classes.

Grose said he was happier with this award than any other his teams have earned.

"What made this so wonderful for me are the kids who came to us with a 1.6 or 1.3 grade-point averages," he

said. "It would have been wonderful to go out and recruit high academic achievers and come over here and do this. But to bring in the athletes we did to accomplish this, it's incredible."

Grose cited one of his players who transferred in just 13 hours, most of which were low grades. He said that player has earned 33 hours at Cowley with a 4.0 GPA.

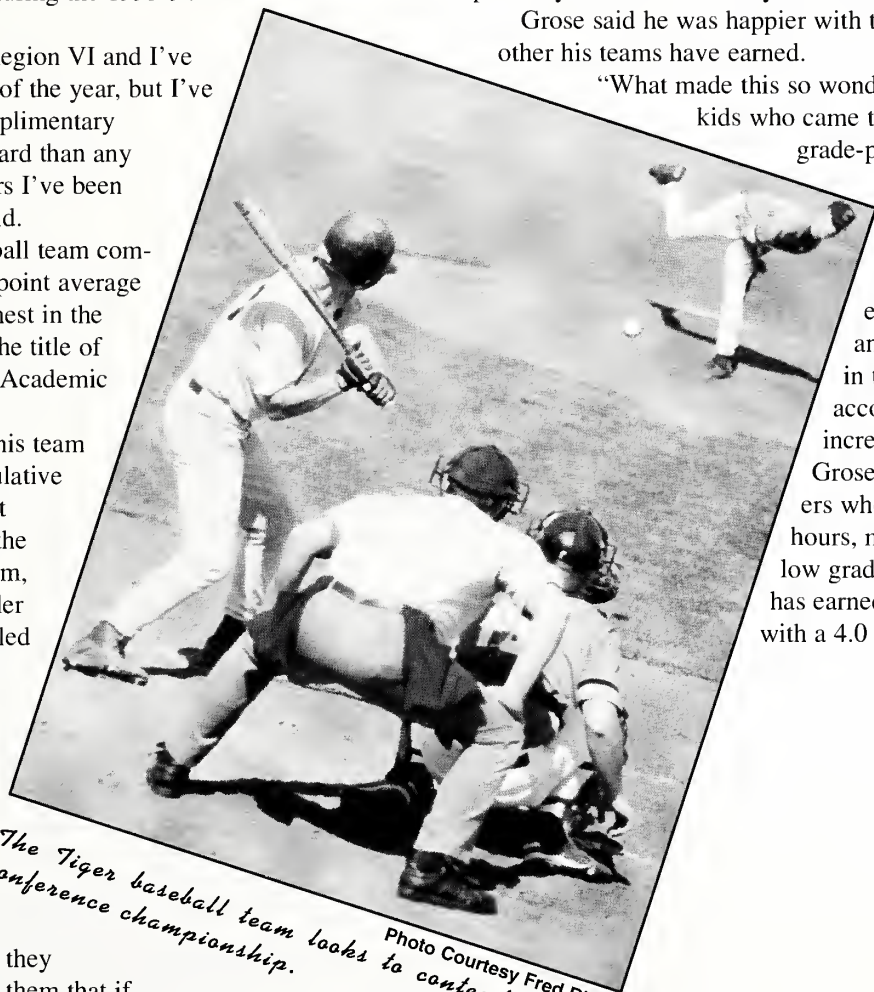


Photo Courtesy Fred Rindt

The Tiger baseball team looks to contend for the conference championship.

Interpreter Training:

New Program To Assist Deaf, Hard-of-Hearing

The demand for qualified interpreters for the deaf and hard-of-hearing is high, and Cowley began training students for careers in the field during the fall of 1994.

Kim Hungerford, who is deaf, was hired during the summer to coordinate and teach in the program, which is held at the college's Mulvane Center.

Students enrolled in the program are seeking an associate of applied science degree.

American Sign Language Interpreters

operate as facilitator of communication between deaf and hearing people. A majority of interpreters today are employed in the educational setting, however, there also are interpreting opportunities in areas of legal, medical, social services, mental health, religious, platform and the performing arts.

Federal legislation mandates equal access for all of those who are disabled. Due to these forms of legislation, the demand for interpreters of the deaf and hard-of-hearing has dramatically increased.

Cowley offers the following through two years of Associate of Applied Science in Interpreting:

The Interpreter Training Program focuses on developing interpreting/transliterating skills fluency between American Sign Language (ASL) and English, both Sign-to-Voice and Voice-to-Sign and knowledge of the linguistic features of a manual coded language. Students also will attain knowledge of Deaf Culture, the Deaf Community, the interpreting process, code of ethics, and specialized interpreting.

Practicum experiences will be provided in the second year of the program where expertise will be gained through educational, community, medical, theater, legal, religious and vocational interpreting settings.

Dr. Bob Paxton, vice president of instruction, said the program was needed in this geographic region.

"The response to the program has been tremendous," he said. "There is a need out there for this type



Photo Courtesy Fred Rindt

Kim Hungerford, front-center, signs during the fall vocal and instrumental music concert. Hungerford is coordinator/instructor for the program, one of three new ones the college added in 1994.

of program. That's one of the main reasons we're offering it."

Upon completion of the AAS program, students may apply for certification at the state level through the Kansas Commissioner for the Deaf and Hard-of-Hearing (KCDHH), or at the national level through National Registry of Interpreters of the Deaf (NRID).

There is a long list of courses students must take while in the program. Those are: American Sign Language I/Lab, Introduction to Deaf Communication Studies, Introduction to Interpreting, Non-Verbal Communication/MIME, American Sign Language II/Lab, Deaf Culture and History, Interpreting I, Fingerspelling, Conversational Sign Language, Communication Methods and Theory, American Sign Language III/Lab, Specialized Interpreting, Transliterating PSE, Practicum I, American Sign Language IV/Lab, Interpreting II, and Practicum II.

The practicum covers 15 weeks at 15 different agencies. Observation of the interpreting process in various settings and the use of interpreting skills in practical applications is taught. This practicum provides students an opportunity to interpret under the supervision of experienced interpreters. Students also will gain experience in rehabilitation, medical, legal, platform, and religious settings.

Students interested in the program are encouraged to contact the Mulvane Center at 777-4044 or call 1-800-593-2222.

Education

2 In 0 The 0 Year 0

One Cowley Instructor Makes Some Predictions

By Eric Helzer
Staff Writer

What does the future hold for us? No one really knows.

Maybe some day there will be a French fry vending machine or voice activated McDonald's.

What will the future hold in the education field? Paul Stirnaman, Social Science Division instructor, told The PULSE what he thought the educational program would be like in the year 2000.

"The world is opening up and we need to know a foreign language, because the world is nothing more than a global village," Stirnaman said. "Even the smallest of schools will be using ITV (interactive television) for those cities without a school.

Stirnaman has been teaching for 29 years and has taught at Cowley for the last nine. He went to undergraduate school at Southeast Missouri State University in Cape Girardeau, Mo. Then he went on to graduate school at Arkansas State in Jonesboro. Stirnaman teaches both sections of U.S. History, both sections of U.S. Western Civilization, Geography, Sociology, and in the spring he will teach Current World Affairs.

When asked what forms of teaching aids would be eliminated in the year 2000, Stirnaman said, "Almost everything is going to be eliminated. There will be more ITVs and the everyday equipment such as VCRs and overhead projectors are going to be extinct."

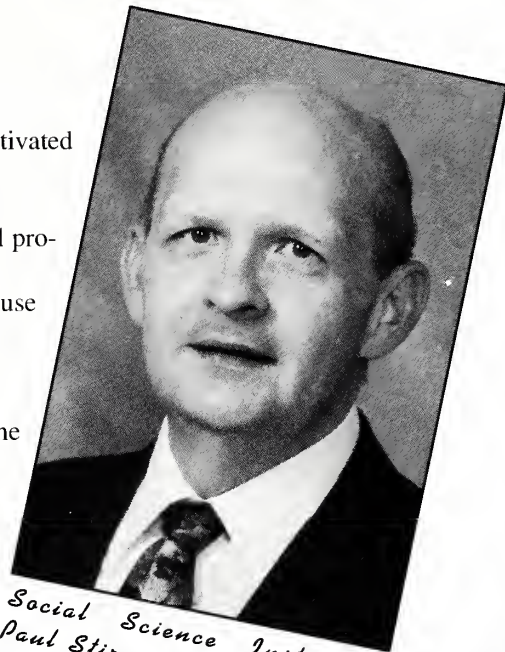
What about new forms of teaching aids?

"New equipment is being built everyday and we have the technology to make some vast improvements in the educational field. Larger colleges will have a more advanced ITV system to beam their signals through a satellite to the smaller colleges."

Will there be more or fewer students in the year 2000?

"Definitely there will be more. I feel that there will even be a great deal more of non-traditional students than there are now."

The future is a mind boggling theory of thought, and no one knows what the next minute or the next year is going to be like until we experience it. But then it would not be the future, it would be the past.



*Social Science Instructor
Paul Stirnaman.*

"The world is opening up and we need to know a foreign language, because the world is nothing more than a global village."

Paul Stirnaman

Getting A Job

What You Don't Know May Hurt You

By Eric Helzer
Staff Writer

There is the problem in that 8 o'clock class. But most importantly we are all broke! No money to buy the things we think we need. The only logical thing a college student has to do is get a job.

Here is a guide to getting a job while in school and how to get a job after school in your field of interest.

First, if you want to get a job while in school just for a little cash you should first go down to the job service located at Chestnut and Second Street and register your name. Once that is done you will be able to sit down with an adviser and look over all the job offers in and around Arkansas City. Not all job openings are listed at the job service. The next step then would be to start pounding the bricks to get applications. Always keep an eye on the newspaper. That is an excellent place to find help wanted ads. In no time at all you will be working and be able to buy those necessary things you think you need to have.

Finally, after college when you are looking for a job in your field of study, you will need to know how to write a resume'. Here is another helpful guide on how to write probably the most important document in your life: The resume'.

There are six elements to a resume'. Personal data, employment objective, education, work experience, special interest, and other information deemed necessary for employment. You should always begin with your name, local and/or permanent address, and phone number (including area code).

Personal data

These include age, height, weight, sex, marital status, and state of health. If you believe that including any of this information will help your chances of getting an interview, include it. If not, leave it out. In short, include information that is advantageous to your effort. Exclude information that is not to your advantage.

Employment objectives

Usually a sentence or two will do for your objective. The reason for putting your objective high up in the resume' is that you do not want to waste an employer's time by making it necessary



to read all about you only to find out your objective does not mesh at all with the organization. Be fairly specific. Avoid generalities like "want to work with people" or "challenging position on management." However, do not be so specific that you reduce your chances of finding a job near zero. Say, "To pursue a career in civil engineering with design and planning as my main interest." Do not say, "To pursue a career in civil engineering specializing in design and planning with a medium-sized firm of no more than 800 employees located less than 250 miles from the Mojave Desert." In short, leave as many options open as possible in keeping with your wishes.

Education

Include schools attended (with last school first), dates, degrees earned or to be earned, major and minor, grade-point average, campus activities, and organizations or honoraria's. List your most important degrees first and keep going back until you get to your high school diploma. Don't be afraid to do a little bragging about yourself. Don't worry about being too qualified for the job.

Work experience

Again, begin with the most recent job, and work backward from there. Depending on your career objective, list the most relevant jobs, including cooperative programs. Irrelevant jobs also help in that they strengthen your image as a hard worker. However, don't scrounge up every little job you've ever had, like mowing lawns and washing cars when you were 10 years old. Give

special emphasis to any specific assignment that may bear on the position you are seeking.

Special interests, skills, and honors

These items are quite important because they help define your individuality. Everybody has certain educational background, but none will have your particular specialties. Sometimes these give you the edge over others with the same educational achievement. Some employers put great value on outstanding singular achievements such as winning the National Spelling Championship, for it denotes above average commitment to an objective. Outstanding academic and sports achievements should also be noted.

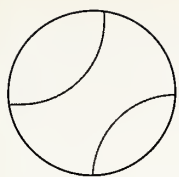
Other

This is a catch-all section where you may want to put data you think relevant. For example, your military background, if you have one. Publications, professional memberships, references, if you decide to include them, should come at the end. One school of thought advocates that references should not be listed and that instead you should merely state that they "will be furnished upon request."

Ideally, your resume' should occupy one page, sometimes two, and rarely three. Stress quality, not quantity. The general format should entice the eye of the beholder. Organize well; use straightforward headlines. Develop a clear, brief, sharp layout. Most importantly do not falsify any information on your resume'.

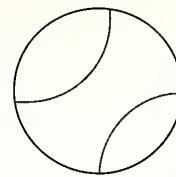
A final word about resumes. The resume' culminates, in a sense, your search for self. It expresses your career objectives as well as your educational and practical qualifications. Having done so concludes a lengthy, difficult process of knowing yourself. At the same time, it is the first step in beginning a job campaign.

Now that all the grunt work is done, you can mail out your resumes all over to different employers and hope one of them calls you for an interview. Who knows 10 or 20 years down the road you could have a job paying \$150,000 a year. Just remember when making big bucks the person who explained to you how a resume' should be written.



The Boys of Summer

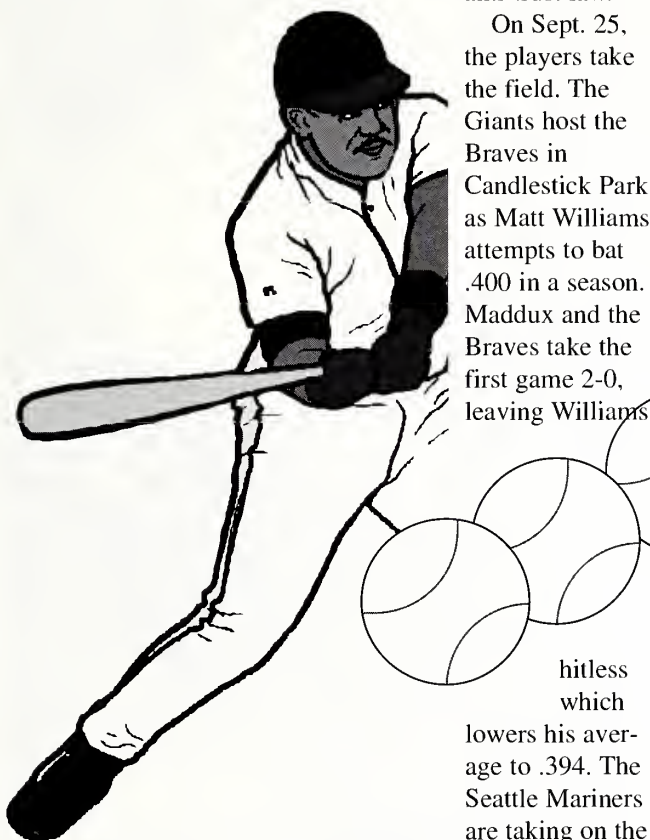
Baseball as it should have happened



By Matt Clark
Sports Editor

Editor's note: This is purely fictional. I wrote this as a way to continue the season in my own mind. I also wanted to play out a childhood dream of ending the season the way I want to end it.

It is late September, and the baseball war has finally come to an end. The federal government stepped in and put an end to the owners' and players' struggle to "get their own way" and put baseball under the anti-trust law.



On Sept. 25, the players take the field. The Giants host the Braves in Candlestick Park as Matt Williams attempts to bat .400 in a season. Maddux and the Braves take the first game 2-0, leaving Williams

hitless which lowers his average to .394. The Seattle Mariners are taking on the

Kansas City Royals in the Kingdome. Seattle tops the Royals 9-8 in a slugfest. Ken Griffey Jr. goes 4-5 with two home runs to up his average to .397.

The pennant races become ever tighter. The Texas Rangers are still below .500 and are still in first place in the American League West. The New York Yankees are leading the Toronto Blue Jays by 1 1/2 games in the East. Houston appears to be on track to win the National League West.

On Oct. 4, the batting title race is getting ever closer. A new face has joined the crowd. Albert Belle has gone on a 14 game hitting streak and has a .409 batting average. Griffey now holds a .403, and Williams, who has been on a dry spell for the last 10

games is batting .389.

The pennant races have all been decided but one. The Chicago Cubs have snuck into a first place tie with Montreal in the National League East. Texas, Kansas City, and New York are the divisional champs for the American League. San Francisco and Florida are the winners in the National League. The Marlins surprised everyone by winning the East by 6 1/2 games with a 15 game winning streak to end the season.

Chicago and Montreal have a one-game playoff that goes 15 innings, decided by a Mark Grace sacrifice bunt, bringing in the winning run for the Cubs.

In the middle of the races, the batting title was awarded. In the final game, the Indians played the Mariners for nothing but bragging rights to a last-game win. What came out of this game was history.

Griffey came into the game hitting .396, while Belle was hitting .394. Belle was held hitless through seven innings, while Griffey went 3-3 through seven. In the ninth, Belle hits a drive to the wall that is caught by Griffey, which secures Griffey of the batting title. When Griffey was up to bat he launched a rocket over the right field wall for a homerun. Griffey made history with a final batting average of .406.

The pennant races were, for the most part surprises. Kansas City wins the American League by defeating the Yankees 4-1 in front of a Yankee crowd. In the National League, Florida defeated the Montreal Expos 6-5 in the Sun Dome, to become the first expansion team to make it to the World Series.

In the meantime, Donald Fehr has retired to the Bahamas and is reportedly beginning a bid for a baseball franchise. The owners are threatening to strike if the government allows Fehr to do so.

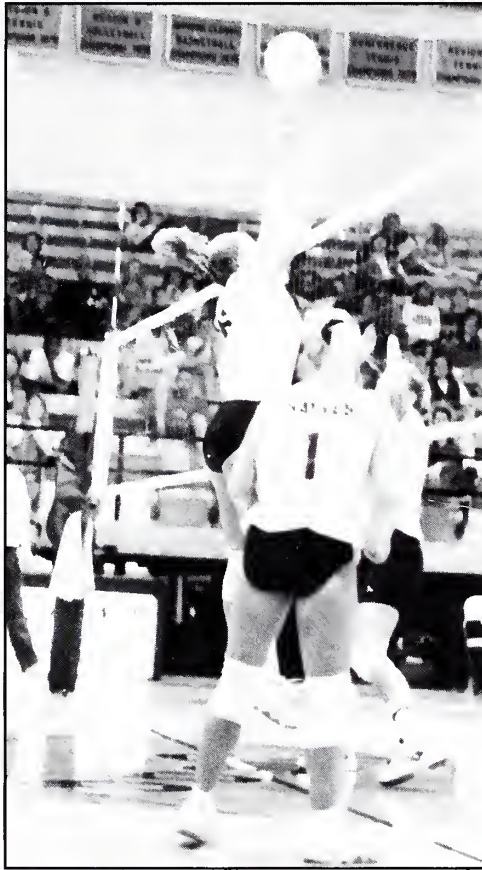
In the first game of the World Series, the heavily favored Royals lose to the Marlins in Kansas City, 4-1. David Cone, the Cy Young winner takes the defeat while the aging Charlie Hough picks up the win with his patented knuckleball.

The next two games have the same outcome. Florida is now up three games to none and the series is moving to Florida.

In the ninth inning of game four, the Royals reliever Jeff Montgomery is protecting a 3-0 lead when Jeff Conine smacks a grand slam over the left field wall to give the Marlins a World Series win. If only I could have seen the real ending.

One Last Look

Many Cowley Students Kept Plenty Busy During Fall 1994



Working hard for the team, Heather Powers and Brynn Haynes push for another victory in volleyball.

Photography
By Kim Shepherd



*Top: Jennifer Steele and Jimmy Patterson steal the show in the fall play, "Wait Until Dark"
Left: Yes, Cowley students did manage to find time to play during the fall semester.*



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PULSE

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Spring 1995



HOMECOMING 1995 saw the crowning of Gina Horton and Earl Bryant III as Queen and King. The Arkansas City sophomores were in the spotlight during halftime of the men's basketball game against Johnson County. See pages 8 and 9 for more on this year's annual celebration.

ON THE BEGINNING there were tons of steel and concrete, and workers said it was good. Two-and-a-half years later it is one of the finest buildings in the Midwest. The Brown Center for Arts, Sciences and Technology will be completely finished by the fall 1995 semester. See pages 12 and 13 for more photographs.



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By Jennifer Lyddon This springtime tradition keeps getting bigger and better as senior citizens from south-central Kansas and northern Oklahoma migrate to Arkansas City for a night on the town.

- 3 Distance Learning**
By Abe Hull One of the biggest technological advances in recent years has been the advent of fiber-optic cable to communicate. Cowley's interactive television system allows students in Udall, Oxford, Caldwell and Conway Springs to take classes from Cowley — without leaving town!

- 4-5 Student Spotlight**
By Kay Marler Alia Horn and Heather Carmody are working their way to successful careers. Horn is a math major who works in the cafeteria of the Nelson Student Center. Carmody is preparing for a career in law enforcement.

- 7 Crying Wolf**
By Nathan Pykiet He is becoming a Homecoming tradition at Cowley. The KC Wolf does his thing to entertain fans during the men's basketball game. We caught up with the man in the big furry suit to find out what it's really like.

Topical Issues

- 10-11 Date Rape**
By Jennifer Lyddon It's a nightmare no one should have to experience. But it happens. It's called date rape. Find out what you can do to prevent it from happening to you.

14-15 AIDS

By Shanna Crittenden Statistics don't lie. They tell a grim story of how the HIV virus leads to AIDS, which leads to death. What precautions should you take? How do you separate the truth from myth?

18-19 Suicide

By Shanna Crittenden The stress of going to college can be traumatic. It's an adjustment for every student; some more than others. Suicide is the leading cause of death among people ages 15-24. But it can be prevented.

Sports

- 20 Tennis Tradition Continues**
By Nathan Pykiet Cowley's men's and women's tennis teams are off to nationals after the men won and the women placed second in the Region VI tournament held in Arkansas City. Both have a shot at top-five finishes.

- 21 Talent From the Sooner State**
By Nathan Pykiet Ed Hargrove has proven he can recruit talented softball players. And each year he goes south of the (Kansas) border to sign the top players from Oklahoma. He did it again.

- 22 The Short and Enright Of It All**
By Nathan Pykiet Cowley's baseball team was enjoying one of its best starts ever, thanks in part to Mark Short and Jarrett Enright. How do these young stars stay focused on academics and athletics? What is their secret?

PULSE

Kay Marler Editor/Photographer
Shanna Crittenden Advertising Manager
Abe Hull Staff Writer

Jennifer Lyddon Staff Writer
Nathan Pykiet Sports Editor
Stu Osterthun Faculty Adviser

Seniors shake their stuff

By Jennifer K. Lyddon

You may have heard it being advertised on the radio and on Wichita's KAKE Channel 10 — The Senior-Senior Prom. Being a relatively new student to Cowley, I was amazed to find out what this event actually was and amused about what some of the prom attendees and the hosts, "Volunteers Learning Through Service" (VOLTS), had to say about the evening.

The prom is actually for senior citizens in the community. They get to wear formals, dance to a live band, play games, visit, and some even exchange gifts.

Dawn Coldwell of VolTS had this to say about the Prom: "It's intergenerational between the older and younger people. A lot of VolTS members go to escort the Seniors to the Prom. We all dress up, dance, talk, and have a really good time. This year there is going to be a live band directed by Herb Jimmerson, and we added games for the seniors to play. They all look so great and really delight in their night out."

Performing at the prom this year will be the Cowley County Singers. There will also be performances by the dance line, and two bands — one headed by Jimmerson, and the other by Gary Gackstatter.

Mary Margaret Williams has been to the prom for the past two years, and plans to make her third appearance this year. "I can't dance because of my bad hip, but I love visiting with the various people that attend. We exchange gifts and have a real nice time. They sometimes have people there to interview us and take our pictures. The evening makes you feel real special, and I know the seniors really enjoy it," said Williams.

The Prom is scheduled for April 22, 1995 in the Agri-Business Building. The doors open at 6 p.m. and the theme for the evening is "A Night On the Town."

There were dance training sessions for people of all ages at the college on April 12 and 13. Some of the dances they taught include the Waltz and the Charleston.



Senior citizens perform a snake dance during the 1994 prom.

Courtesy photo



Courtesy photo

One of the highlights of the evening is the crowning of a Queen and King. Here the queen for 1994 is presented with some of her gifts. Each year more than 400 senior citizens from south-central Kansas and northern Oklahoma attend the prom.

Cowley welcomes long-distance teaching

Computer network creates jobs

By Abe Hull

Cowley County Community College is experiencing the touch of modern technology in a new way as we continue into the technological revolution of the 90's. How, you ask? A new interactive television teaching system has been installed known as the "South Central Kansas Educational Network." The network links CCCC in Arkansas City to five other satellite college centers.

The system installation was finished and running April 13, 1992 and consists of a control center to be run by the instructor and a series of eight television monitors (four facing the front of the classroom, four facing the back) in each of six rooms. The main room is in Ark City. It is connected to systems in Oxford, Udall, Caldwell, Argonia, and Conway Springs. The students in these towns watch the instructor on one of the monitors while the other neighboring towns are displayed on the other monitors. Since there are more towns than there are monitors, switches were installed so that the monitors can change views from one classroom to another. Microphones have been placed in all six rooms so the instructors and students can communicate with one another. Homework must be mailed or driven to Ark City by a student or faculty member from that town.

The system cost approximately \$23,000 to \$24,000 per room to install and a phone bill of approximately \$1,100 a month. CCCC has signed a 10-year lease with Southwestern Bell Telephone in order to use about 60 miles of fiber-optic cable for maximum clarity of sound and picture quality. An advantage is that talented and specialized teachers have the capability to reach far more students at once.

ITV Coordinator Gary Detwiler commented "At first teachers felt it was going to take their job away, but it actually created more jobs because as you get into it and people see what the system can do they just want more and more. That creates the need for more teachers. Really, it's one of the best bargains the taxpayers are getting out there."

You may wonder what kind of problems might occur with a complex system like this.

"Our biggest problem is audio-due to improper acoustical equipment for the classrooms," said Detwiler.

Five college classes and a few dual (high school/college) credit classes are currently using the system, but more are expected to be worked into the schedule next fall. Burden and South Haven are considering installing classrooms to be connected to the system in the next few years bringing the total to seven satellite classrooms.



ABE HULL/PULSE

Interactive television allows students from far away to take classes and be a part of the total classroom experience.

Mathematics in the Cafeteria

Horn enjoys her job as checker

By Kay Marler

Alia Horn. Most of Cowley students know her as the woman who sits on the other side of the cafeteria door checking off names as they come in for their meals.

Horn is a 1992 Wellington High graduate. She is a sophomore working on her major in mathematics.

While some students filled out work study applications and waited to be notified if they got a job, Horn went straight to the employer. Upon asking one of the cafeteria workers if they needed a checker, she learned that the checker had just quit and the position was still open. The next day she started her job.

"It took me about a week to match names with faces," stated Horn.

Now she approximates that she knows about 80 percent of all the students that come to the cafeteria.

"It was hard after Christmas vacation, I had to start all over again because I had forgotten a lot of the people's names," Horn said.

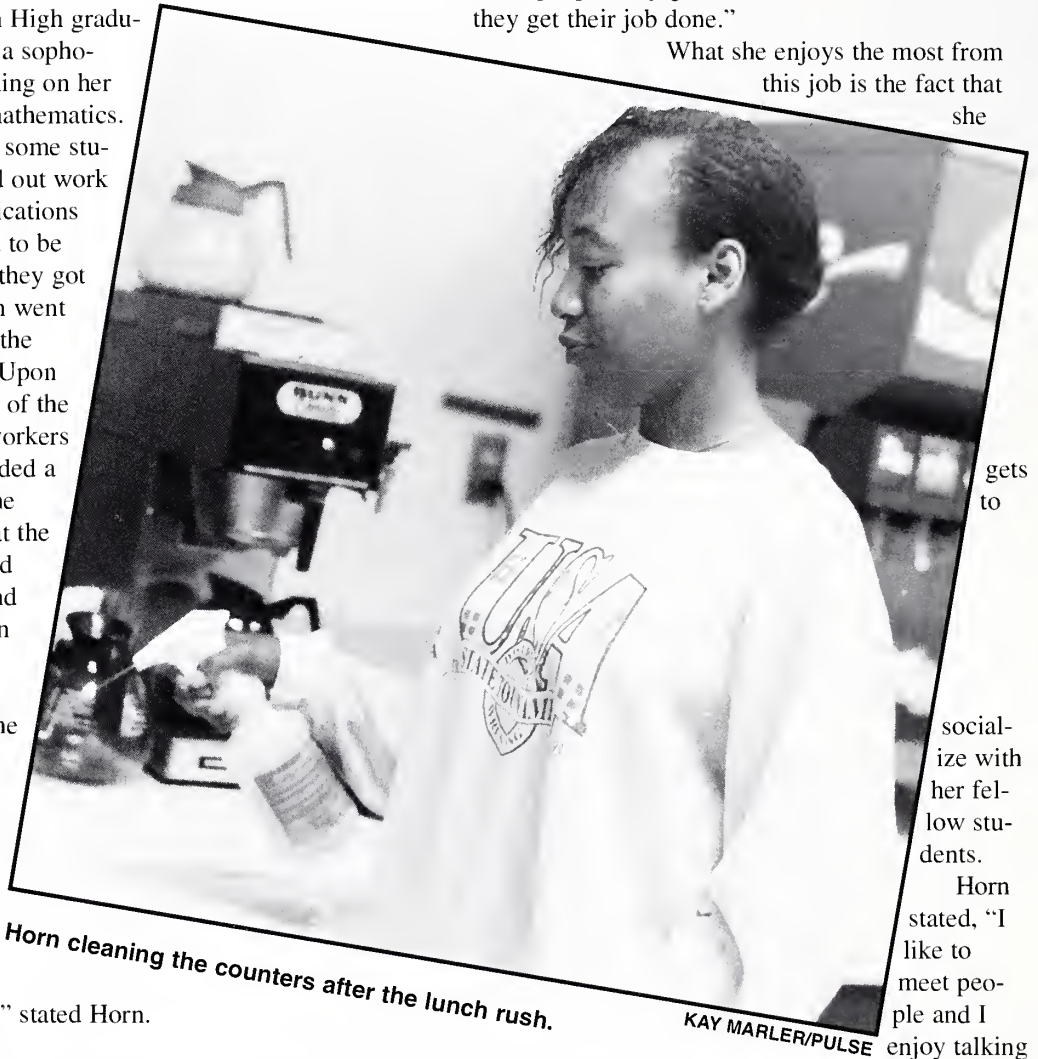
Some of her other duties as checker includes cleaning the tables after close, stock napkins, clean the microwave and the surrounding area, wipe down the drink bar, ice cream and cereal bar.

"If I get all of that done early I help take down

the salad bar," Horn said.

Her supervisor (Rosalee Seeley) stated, "She comes to work, does what needs to do and gets everything done. That's a compliment because some people may go to work but that doesn't mean they get their job done."

What she enjoys the most from this job is the fact that she



Horn cleaning the counters after the lunch rush.

KAY MARLER/PULSE

gets to

socialize with her fellow students.

Horn stated, "I like to meet people and I enjoy talking to them."

But with every like there is a dislike.

"My least favorite thing to do is picking up after people that leave their trays on the tables," said Horn.

When she is not working or attending classes she likes to fill her time playing basketball and listening to MTV all day long.



Courtesy photo
Carmody practices arresting procedures with assistance from Shannon Scott.

Carmody proving them wrong

Law enforcement has room for women

By Kay Marler

A sophomore graduate from Oxford holds the position of major in the criminal justice program. Her name is Heather Carmody. Working in law enforcement has been her goal since a very early age.

"I was told when I was younger that women didn't have a place in the law enforcement field. Since then I've set out to prove them wrong," Carmody said.

The choice of attending Cowley was an easy one to make.

"I chose to come to Cowley because it has one of the best Criminal Justice programs in the Midwest and it was highly recommended to me," she said.

Carmody stated that they work in four stages. First they drive a route that is prearranged looking for things such as prymarks, and doors that are unlocked or open that should be closed. The second phase is to shake doors down town to make sure everything is secure for the evening. Stage three is when they shake down the doors on campus just like they did down town. Lastly they drive their prearranged route again.

Dorm security works from 8 p.m. to midnight Sunday through Wednesday. Thursday through Saturday they work from 8 p.m. to 2 a.m.

"I am studying for an associate of applied science degree in Criminal Justice," said Carmody.

Some of the classes required for Criminal Justice

"I would recommend Cowley's Criminal Justice program to just about anyone."

*Heather Carmody
Cowley sophomore*

majors to take are Criminal Investigation I and II, Supervised Police Work I through IV, Criminal Procedures and Criminal Law.

Carmody praised Cowley's Criminal Justice instructor Elvin Hatfield.

"Hatfield is excellent at explaining and helping us to comprehend the materials we are working on," Carmody said.

In the police science program you can obtain two other degrees: an associate of arts degree in Administration of Justice or an associate of arts degree in Corrections. Police certificates also are available if only the criminal justice classes are taken.

"I would recommend Cowley's Criminal Justice program to just about anyone," stated Carmody.

Next semester she plans to attend Southwestern College in Winfield.

CAMPUS HEADLINES

Donley top student in state

Brad Donley of Rock was named the Outstanding Student of the Year by the Kansas Association of Community Colleges. Donley is the fourth Cowley student in the past five years to receive the award. Mary Paxson also was named KACC's Outstanding Non-traditional Student of the Year.

Gottlob top Cowley student

Kim Gottlob of Arkansas City, who was named January Student of the Month, was honored during the Celebration of Excellence awards banquet as Cowley's Student of the Year. Other students of the month for the spring 1995 semester: February, Reagan Noble; March, Joey Gray; and April, Gina Horton.

Stalnaker replaces Paxton

Dr. Lynn Stalnaker will replace Dr. Bob Paxton as Cowley's dean of instruction beginning July 1, 1995. Paxton resigned in December 1994 to become president of Iowa Central Community College in Fort Dodge. Stalnaker has served as a consultant for the State Board of Education in Topeka. Richard Tredway, chairman of the Business and Service Technology Division at Cowley, served as interim dean of instruction.

Hernandez earns awards

Ryan Hernandez, a machine and tool technology student from Arkansas City, was named first runner-up as the Outstanding Postsecondary Vocational Education Student in the nation. Hernandez won the Kansas award as the state's top postsecondary vocational education student. He served as president of the state's Vocational Industrial Clubs of America and has been active in the club for some time.

Four to PBL nationals

Four Phi Beta Lambda students qualified for the national contest in

Orlando, Fla., in July. Brad Donley, Barbara Drouhard, Sammi Mangus and Helen Brittingham all qualified after a state competition in Salina. Club sponsor Bart Allen will be accompanying the quartet to Florida.

Phi Theta Kappa initiates 92

Ninety-two students, the largest

class in the history of the organization, were initiated into Phi Theta Kappa this spring. PTK is the national honor society recognizing students who excel academically. Paul Stirnaman, one of the PTK sponsors, said it was the largest group ever to be initiated at Cowley. Lois Sampson serves as the other PTK sponsor.

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KAY MARLER/PULSE

The KC Wolf and the Cowley Tiger ham it up during the Homecoming basketball game in February.

Crying Wolf!

Chiefs' mascot entertains 1995 homecoming crowd

By
Nathan Pykiet

The Cleveland Browns have their "Dog Pound" and the Houston Oilers have "The House of Pain." The Kansas City Chiefs have a group of spirit, too, "The Wolf Pack."

The KC Wolf was on hand Feb. 11 during Homecoming activities at Cowley.

Before the wolf was announced as the Chiefs' mascot, people gathered in one section and cheered as loud as they could. After the wolf became the Chiefs' team mascot, the section of screaming fans was replaced by a Wolf.

The wolf has been in Kansas City six years and has provided tons of entertainment around the United States.

Dan Meers, a University of Missouri graduate, is now known as the KC Wolf. Meers has been the wolf for five of the six years.

The only reason Meers was able to become the mascot was his work as the Missouri Tiger for the four years at the school in Columbia.

"I loved it, I got to travel a lot, and go to a lot of different states," Meers said.

After college he was first hired to be the St. Louis Cardinals mascot. After that he got the offer in Kansas City.

"I have fun doing this and I get paid extremely well."

Meers did not plan on being one the many famous mascots around the United States. In college he was chosen to be the most likely to become a game show host.

If and when Meers retires, he plans to get into youth ministry. He loves children and would love to be close to them in a youth group. His love for Christ has built his confidence as a mascot to spread cheer to everyone.

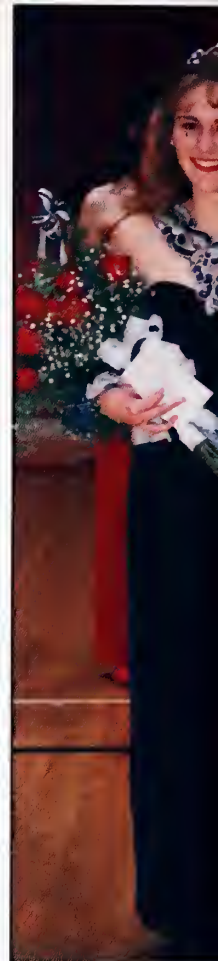
The Cowley men's basketball team took on Johnson County in the homecoming game, and Meers performed for the crowd in W.S. Scott Auditorium.

"I loved it here in Ark City," said Meers, who also performed in 1994. "The kids and crowd were great and a lot of fun."



Students having a good time at the dance that followed the homecoming game.

Homecoming



Homecoming queen



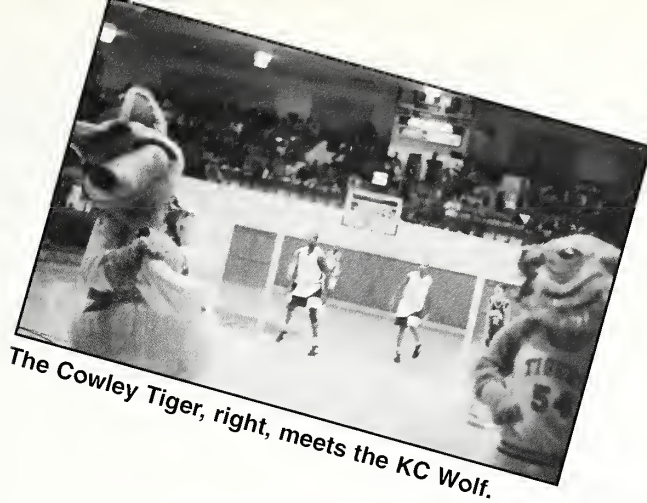
From left to right: Donnie Ledford, Kenny Underkofler and Ryan Smykil performing in homecoming talent contest.



Last year's
Scott M.
Gina H.



Homecoming king: Gina Horton and Earl Bryant.



The Cowley Tiger, right, meets the KC Wolf.

1995



Homecoming king,
Bryant, crowns



Homecoming queen candidates, from left, Gina Godsey, Kim Gottlob, queen Gina Horton, Amy Kreidler and Arie Jones.

Photography by Kay Marler



Photo Illustration by Kay Marler/PULSE

Date rape is a serious offense and should not be taken lightly.

Rape: A Woman's Nightmare

By Jennifer K. Lyddon

Rape is defined in Webster's dictionary as the "illicit carnal knowledge of a woman without her consent, effected by force, duress, intimidation, or deception as to the nature of the act." The FBI defines rape as "the carnal knowledge of a female forcibly and against her will. Assaults or attempts to commit forcible rape by force or threat are also included..." What these definitions don't tell you is that rape is the fastest growing crime in the nation. In the United States alone, a woman is raped every six minutes. That's 240 rapes a day. One out of every four women on college campuses are victims of rape or attempted rape—often, the woman is attacked by someone she knows.

Most of us think of a rapist as a psychotic stranger

lurking in a dark alley. This stereotype is just not true. Over half of all rapes are date rapes. These include attacks by acquaintances, classmates, co-workers, bosses, ex-husbands, family members, and even boyfriends or a fiancé.

"I think that rape has a lot to do with the way some men are brought up," says Brenda Blaufuss, nurse at Cowley County Community College. "A lot of times males have a different perspective on a date. They think that because they bought dinner or paid for a movie that they deserve something in return. Sometimes, they commit rape and don't even realize it. A girl might think that because she made the first move, or she let it go as far as it did, that she should go through with it, and she ends up getting talked into something that she really didn't want to

do. Rape does exist at Cowley County, more often than the students want to admit."

In a lot of cases of date rape, alcohol plays some factor. A man might plot to get his date drunk, so she is not in the right state of mind to give consent. Women shouldn't have to live in fear of being sexually attacked because their inhibitions are down. Just because a woman didn't object, it does not mean she said yes. Drinking is no excuse for raping somebody. Guys — if you are drunk and "don't know what you're doing" it's still rape. If a girl is too drunk or passed out and can't tell you to stop, or give you her consent, you are committing rape. Not only did you take advantage of her, but you are a rapist. A rapist who can be arrested, prosecuted and spend up to seven years in a maximum security prison.

Alcohol lowers your perception and your judgment. A woman might be less alert to danger or might agree to be alone with someone in a risky situation. Guys are more likely to pressure girls into having sex and they are more likely to give in when you're both under the influence. What you have to keep in mind, though, is that just because a female is drunk it doesn't give any person the right to violate her in any way. And if you say no ladies, be firm and let him know you are serious.

Effects of Date Rape:

After a woman has been raped, it can affect every area of her life. There is a loss of trust. She distrusts other people and her own ability to judge people's character. There are also massive feelings of guilt. She may find reasons to blame herself for the rape. Date rape victims have to live with a constant fear — of men, of going out, even of people they know. A woman can change her whole way of life to avoid certain people and places, not to mention the various sexual problems she may experience with a partner. It's important to remember that no matter how drunk you were, or how much you think you pushed him to that point, rape is not a man's right, and you certainly don't deserve to be assaulted. The blame should lay on one person — the attacker.

What to Do If You Are Date Raped:

Ninety percent of women who are raped receive some degree of physical injury, and all rapes are emotionally devastating to their victims. If you are raped, the most important thing you need to do is GO TO A HOSPITAL RIGHT AWAY. They will perform what is called a "Rape Crisis Kit". This allows them to collect the proper evidence to go down on record. It's important to get it documented, because even if you don't want to press charges, you might change your mind in the future, and you will still have the option to prosecute. The hospital will NOT tell the police if you wish them not to. They will also give you the morning after pill so there is no chance you will be pregnant. They can also give you some information on a Rape Crisis Center and other counseling services in your area.

*The most important thing you need to do if you are raped is tell someone. You will find that it will make you feel better, and that your friends and family will be very supportive no matter what you do. The emotional fall-out of a rape can be devastating and life shattering, but it's very important to remember that you don't have to go through it alone.

*Public awareness of rape has been enhanced. The courts have begun to treat rape as more than just a minor crime. The more women that decide to bring their attacker to justice, the more chance it has of being taken seriously, and the punishment is likely to be more severe. This might make a rapist think twice if he's looking at up to 7 years in prison.

*Rape is a crime of violence — not sex. It is an outrage, and a deadly insult against you as a person. Rape is a man's need to overpower a woman. Remember that your body is yours. No one has the right to touch you unless you want them to. No matter how you dress or act, NO MEANS NO and if a man doesn't listen to that, not only is he trying to justify his actions by lying to himself, but he is not respecting you and your feelings. He is violating you — your intimacy, your body, and you shouldn't let him get away with it.

The number of rape victims are increasing drastically. Here are some facts to keep you from being another statistic.



Brown Center . . .



From groundbreaking on Nov. 30, 1992 to the spring of 1995, the Brown Center for Arts, Sc



*... from past
to
present*



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s and Technology has become the cornerstone for the Arkansas City campus.

AIDS:

Are You At Risk?

By Shanna Crittenden

The government has news for anyone who still thinks AIDS is a gay disease.

Last year, according to the Centers for Disease Control in Atlanta, Ga., gay men accounted for less than half of the nation's new AIDS cases. Heterosexual cases rose more sharply than any other category.

"There are more heterosexual cases being diagnosed today," said Cowley Health Nurse Brenda Blaufuss. "The homosexuals have learned from experience and are now practicing safe sex."

AIDS stands for Acquired Immunodeficiency Syndrome. It's a disease caused by the human immunodeficiency virus (HIV) the virus that causes AIDS. (HIV) may live in the body for years and can be spread to other people before any symptoms appear. It affects you by making your body unable to fight diseases and infections. These diseases and infections can kill you.

People infected with AIDS usually look and feel healthy. When symptoms do appear, they usually take the form of ordinary illnesses, such as swollen glands, coughing, fever, or diarrhea.

AIDS can not be cured. Scientists expect that if it is even possible, finding a vaccine will take many more years of research.

Scientists estimate that as many as 1-1.5 million Americans are currently infected with the HIV virus. By 1996, as many as 365,000 of these people will have been diagnosed with AIDS. In that year alone, as many as 66,000 will die from the disease. Current statistics show that in Kansas alone, there are more than 1,000 reported AIDS cases. That averages out to show that possibly one student in every Wichita high school is HIV positive. HIV infection/AIDS is the leading cause of death for people ages 25-44. They don't know how many were infected when they were in their teens because it may take up to 10 years or longer before a person gets sick. As of 1993,

59,617 AIDS cases among young adults ages 20-29 had been reported to the CDC.

The overall number of AIDS cases doubled last year from the previous year, after the CDC expanded the definition of the disease. Of the 9,288 AIDS patients infected through heterosexual contact, doctors reported that 42 percent had been infected by intravenous drug users. But 50 percent had partners whose risk factor was unreported or unknown. Some parts of the population have

been hit much harder than others. Of the 9,288 heterosexual cases recorded last year, women accounted for 6,056, men just 3,232.

African Americans (who make up just 12 percent of the population) suffered 52 percent of the heterosexual cases. Whites suffered 24 percent of the cases and Hispanics 23 percent.

The AIDS virus is spread mainly by having sex and by sharing drug needles and syringes with an infected partner.

Your skin protects you from germs, including the AIDS virus. It's possible, but not likely, that you could become infected if the blood of an infected person got into your body through cuts, sores, or other breaks in the skin.

Some myths about the disease:

You can get AIDS from just touching an infected person. FALSE.

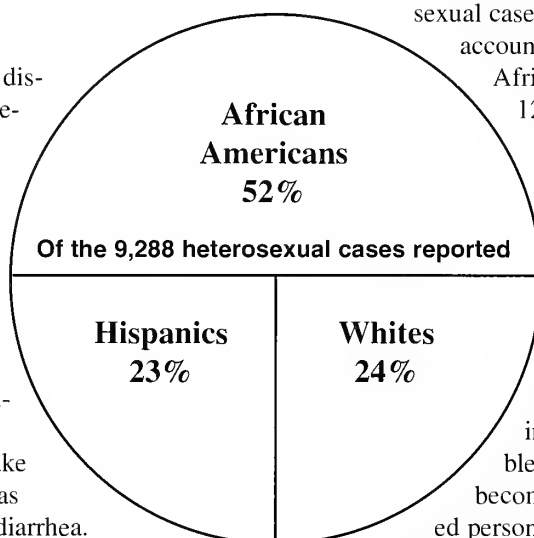
You can get AIDS from using the same restroom. FALSE.

You can get AIDS from water fountains. FALSE.

BLOOD — Scientific studies don't indicate any risk of spread of the AIDS virus from contact with nasal fluids, saliva, sweat, tears, urine or vomit unless these fluids contain visible blood.

INSECTS — Studies show that AIDS isn't spread through a mosquito's salivary glands like other diseases such as malaria or yellow fever.

KISSING — Very small traces of the virus can



sometimes be found in the saliva of infected people. Scientists believe that not enough virus is present to spread the AIDS virus to others. A closed-mouth kiss is safe, even with someone who is infected. It is possible, but not very likely, that French kissing (open mouth kissing) with someone who is infected may spread the AIDS virus and other germs when there are cuts or sores on the lips or inside the mouth or if there are bleeding gums.

"There are probably a lot more HIV cases in

this area than we are aware of," Blauffuss said. "We have a lot of students that bring it in from out of state and other areas."

Many teen-agers want to know which "risky behaviors" put them at risk for AIDS. Here are the most common ways the AIDS virus is spread:

- unprotected sex — vaginal or anal intercourse and oral sex with someone who is HIV positive
- sharing drug needles or syringes with someone who is infected with AIDS
- from infected mother to baby during pregnancy or childbirth and possibly breast feeding

SEX — The more sexual partners you have, or your partner has or had, the greater the chance you have of becoming infected with the AIDS virus and other sexually trans-

mitted diseases. Only have sex with a partner who you are positive is not infected, who only has sex with you, and who does not use drugs. Only have protected sex (with a condom and spermicide).

The best and safest way for teen-agers to protect themselves against infection with HIV/AIDS is not to have sex and not to use drugs. You can get AIDS from even one sexual experience.

CONDOMS — Learn how to use a condom before you have sex. Avoid getting someone else's blood, semen, or vaginal fluids on you, even when you don't actually "go all the way." Although latex condoms are the best protection, they are not fool-proof. They don't completely eliminate the risk of becoming infected for yourself or for others because they can break, tear or slip off. Use them properly with a spermicide every time you have sex from start to finish. One size, believe it or not, does fit all.

Birth control pills and diaphragms will not protect you or your partner from infection. This is why condoms and spermicide should be used to help reduce the spread of the AIDS virus.

Many people think that asking your partner to use a

condom means that you don't trust them. Of course not. It means you care about your health and the health of your partner. Just because someone is being monogamous now doesn't mean that they couldn't have become infected in the

At least every 16 minutes someone dies of AIDS.

past and not realize it. If you aren't ready to talk to your partner about protection, chances are you are not ready to have sex.

DRUGS — Both drugs and alcohol will affect your judgment. You will be more likely to take dangerous risks and avoid protecting yourself from infection with AIDS when you are high on alcohol or drugs.

The AIDS virus is spread through infected blood, so you should not use any needles that have been used by others for tattoos or ear piercing or for injecting drugs like steroids. With

HIV/AIDS the outcome of risk-taking behavior is deadly.

AIDS does not discriminate.

WOMEN — AIDS is the No. 1 cause of death for women in 15 cities (Hartford, New Haven and Bridgeport, Conn.; Worcester, Mass.; Providence, R.I.; New York and Yonkers, N.Y.; Elizabeth, Jersey City, Newark and Paterson, N.J.; Baltimore, Md.; Columbia, S.C.; Fort Lauderdale and Miami, Fla.).

Women who are HIV positive die more quickly than men who are HIV positive, according to a study by the National Institutes of Allergy and Infectious Diseases. Women with the HIV virus who become pregnant have a 30-50 percent chance that their baby will be infected during pregnancy or delivery. In addition, women have a higher likelihood of developing HIV-related illnesses because pregnancy further weakens the immune system in females. Two-thirds of female AIDS patients are between the ages of 20-39.

If you or your partner has been practicing "risky behavior" or if you just want to be sure, you can call your local public health department to find out about test sites or call the CDC's National AIDS hotline (800) 342-AIDS.

No one knows how far the HIV will spread in the United States, but as new studies show, anyone having unprotected sex with multiple partners is at risk. Remember, the choices you make now will affect your future, your life, and your happiness.

AIDS is 20-30 years old.

One out of five people with AIDS

THE CONDOM CONTROVERSY

By Shanna Crittenden

Where are condoms? Some people say "Where aren't condoms?"

The question is should they be allowed to distribute condoms on campus?

One side argues that handing out condoms promotes pre-marital sex. The other side argues that since it's a well known fact that teens will and do have sex, it is mandatory that they are protected. By not making them more accessible, fewer people will use them. It doesn't mean they won't have sex.

Sex in the 90's is confusing enough as it is. Casual sex, which once was held up as our nations pastime, is now understood to be a dangerous, possibly life-threatening activity. Some people argue that condom commercials should even be taken off the air. Aren't many of these people the same ones that say there are too many teen pregnancies?

It seems like the younger generation is a lot more willing to act responsibly. It has nothing to do about if you are a good or a bad person, it is all about being safe. Think of all of the needless abortions condoms prevent each year. It also helps relinquish the fears of VD's and AIDS. The parents that are complaining about the passing out of condoms probably wouldn't mind that as much as if their children had come home with an STD.



Photo Illustration by KAY MARLER/PULSE

There are many types of protection to choose from.

What students are saying

Should condoms be made more readily available on campus?

"Yes, because the people who are afraid to go and buy protection will now be able to get it easier."

Erica Johnson, freshman

"Yes, it's obvious that teens are going to have sex and if they are it's important that they are protected from STD's. If they choose to have sex they should be responsible."

Amy Jenkins, freshman

"No, because if you are in college you should be mature enough to get you own."

Ronnie Busby, freshman

"I think it's a good idea because if they can get them on campus, they don't have to worry about going out to buy them. If it promotes sex, at least it's safe sex."

Michelle Armstrong, freshman

"It should be the students choice. It doesn't matter what the parents think. If they keep their children from getting a disease I think they should be for it."

Becky Matthews, freshman

"I believe that some people, especially girls, are too intimidated to go buy condoms. This way they could have access without anyone knowing."

Anna Ybarra, freshman

A Day to Love

By
Nathan Pykiet

Valentine's Day: A day for Love, Flowers, Teddy Bears, and Candy

Hearts, cupids, red roses. This day could only mean one thing, Valentine's Day.

Cupids with bows and arrows, heart shapes, paper lace, birds, flowers, and chocolates. All these stand for St. Valentine's Day, just like snow, Santa Claus, and reindeer stand for Christmas, or witches, pumpkins, and ghosts for Halloween.

Some of the Valentine symbols, like a cupid, or a heart pierced with a golden arrow, suggest the holiday all by themselves. Others express it only in combinations. A pair of turtle doves, a cluster of rosebuds, and a heart made out of paper lace, quickly combine to mean St. Valentine's Day.

A lighthearted holiday, Valentine's Day is a time when people express feelings of friendship, affection, and love, especially love for somebody special.

The cupids, the pair of birds, the flowers, all the symbols, have to do with love and courtship. Where each symbol came from and how it blended with the others forms a fasci-

nating, often lovely story. Some of the stories have beginnings so ancient they are dim with time. But each one, like the hand-made valentine, can be pierced together.

The St. Valentine of legend is usually described as a priest who lived in the third century after Christ. Legend has said that he was a Roman priest, with

special feelings toward young people. When the Roman Empire needed soldiers, Emperor Claudius II decreed that nobody shall become married or engaged. Claudius believed that marriage made men want to stay home instead of going out and fight

in a war. The kindly Valentine defied the Emperor's decree and secretly married a number of young young couples. After the Emperor found this out, the Valentine was then arrested and put in jail, and then put death. Valentine was beheaded on Feb. 14. When he was buried, a story goes on. A pink almond tree near his grave, thought to be dead, burst into bloom as a symbol of lasting love.

A lot of people remember Valentine's Day by receiving or giving presents.

"Before my grandmother died, she gave me a live pink rabbit, just before one Valentine's Day," said Shannon Bales, freshman.

"I got a Teddy bear and a red rose," said Angie Stover, sophomore.

"I got a red rose, that's it," said Tana Meyer, freshman.

Valentine's Day is for loved one's to be together in peace, love and harmony. So people can become closer to themselves and one another, also to be loved by people, for who they are on the inside and not what they seem to be on the outside.

So if you love someone enough to do whatever, just to get them, then do not let anything hold you back from that dream.



S u i c i d e

How one of life's painful realities can be avoided

By Shanna Crittenden

Have you ever felt depressed? Have you ever felt like you have no friends? Is everybody seemingly against you?

You probably are not the only person experiencing those feelings. And if you don't do something about those feelings, you could become suicidal.

Suicide. It is a leading cause of death among people between the ages of 15-24. More people die by their own hands than by accidents, diseases, and murders. About 5,000 suicides by young people are reported each year, but many more occur, only to be reported as "accidental deaths."

Suicide rates are up and astonishing 200 percent over the past four decades. The young tend to view suicide as impermanent, glamorizing how pain-free their existence might be afterward.

If feeling depressed:

- Talk. Sharing problems can lead to answers.
- Stay away from alcohol and other drugs. These can make depression worse.
- Participate in group activities and spend time with your friends.
- Exercise is a healthy way to relieve stress.

The element of timing may be decisive. While the majority of teen-agers who kill themselves have suffered psychological disorders, some move in and out of high risk for short periods (even just 24 hours) because of emotional trauma.

The presence of firearms may be the most pivotal factor. A study comparing teen suicide victims who had no mental disorders with kids who didn't commit suicide found only one difference: a loaded gun in the house. So much for the idea that guns don't kill people.

Every year thousands of young people attempt suicide. A suicide attempt is a cry for help — a desperate effort to end the pain of problems that have become overwhelming. What many young people don't realize is that suicide is a permanent solution to a temporary problem.

Signs to look for

There are several, including the following:

- Threats, talk or jokes about suicide
- Major changes in the way someone acts
- Depression caused by serious problems

Certain factors put some teens at higher risk : psychiatric disorders, serious chronic illness, family dysfunction, poverty and child abuse. If teens are told that help is available they should go to a local emergency room, family doctor, walk-in clinic, guidance counselor or crisis hotline.

Studies show that 65-90 percent of young people have thought of suicide at one time, and between 3-15 percent have tried it but didn't follow through, many stopping in mid-act or calling for help immediately afterward.

There is no national effort to ensure that suicide prevention programs are in place across the country. When a person decides to commit suicide, the first hour is critical. If they have to spend three hours trying to get a gun , chances are they will not die. In the war on mounting teen suicides, there seems to be no easy answer.

What you can do

There are a variety of things you can do, either for yourself or a friend.

- LISTEN to what the person has to say.
- Ask questions, keep them talking.
- Get involved, but don't try to solve the problem by yourself.
- Get the person to see a school counselor, a therapist or a doctor.

The people who commit suicide do it and it is over. They don't think about the survivors who have to live with a lifetime of guilt.

"Most college students commit suicide because of finances and relationships," said Cowley Health Nurse Brenda Blaufuss. "They will break up with a boyfriend or girlfriend and can't stand to be without them. Financially, this is the first time many kids are on their own and if they can't make it many are too ashamed to go back and ask their parents."

Today stress is a lot more prevalent for teens than before. They also are getting mixed signals from the media.

Blaufuss says she is always willing to help someone work out their problems. She says, "A lot of kids don't want counseling because they think that means they are crazy and that's not the case."

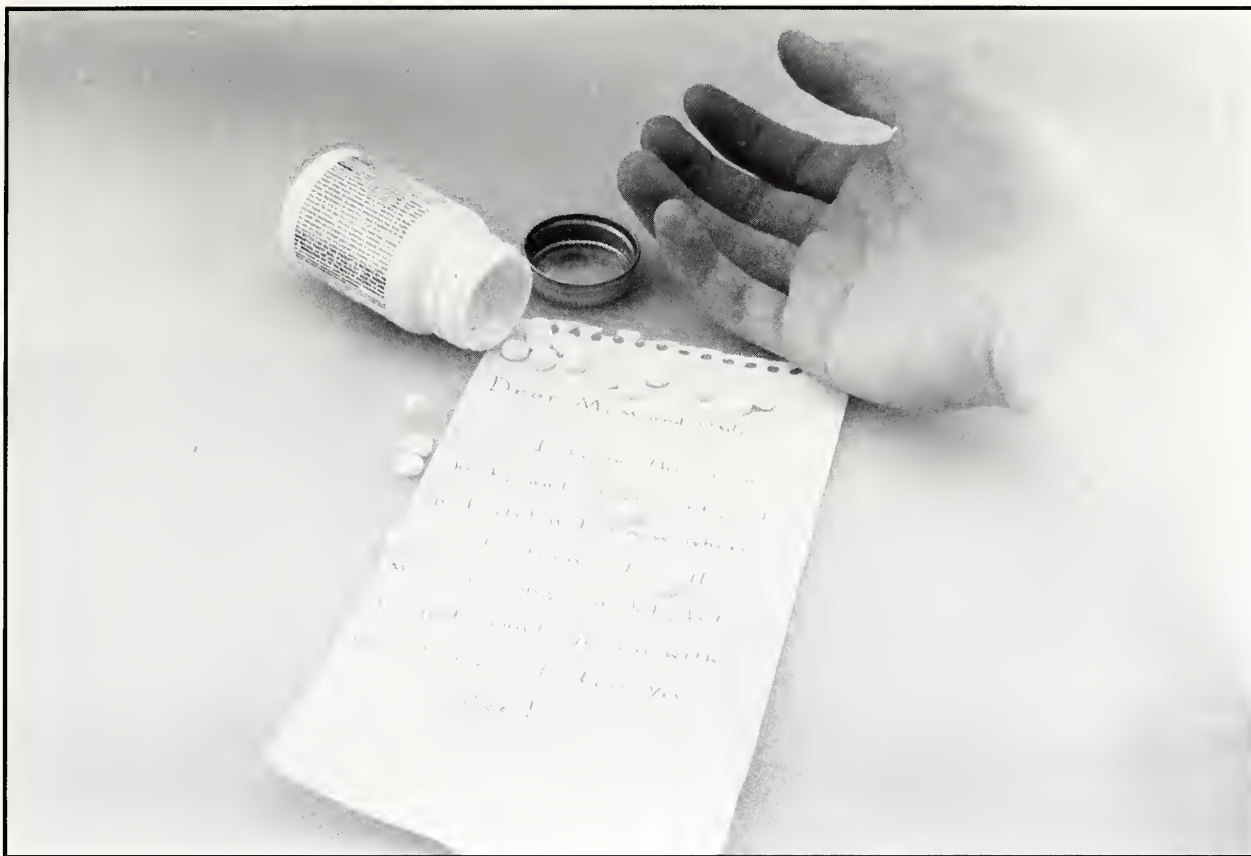


Photo Illustration by KAY MARLER/PULSE

A grim reminder of what some students put themselves, and their loved ones, through.

TEEN SUICIDE

Reasons teens give for attempted suicide

FAMILY PROBLEMS	47%
DEPRESSION	23%
PROBLEMS WITH FRIENDS	22%
BOY/GIRL RELATIONSHIPS	16%
FEELING LIKE NO ONE CARES	13%

Source: National Teen Suicide Audit, The Gallup Organization 1993

TOP 10 CAUSES OF DEATH AMONG PEOPLE

15-24 YEARS OLD 1994

1. AUTO ACCIDENTS	11,664
2. HOMICIDE	8,159
3. SUICIDE	4,751
4. ALL OTHER ACCIDENTS	3,514
5. CANCER	1,814
6. HEART DISEASE	990
7. HIV/AIDS	613
8. BIRTH DEFECTS	449
9. PNEUMONIA AND INFLUENZA	256
10. BRAIN DISEASE	219

In search of a title

Men's, women's tennis earn trips to national tournaments

By
Nathan Pykiet

Can you say "No Contest!"

That explains the results of the 1995 Region VI men's tennis tournament.

The saying goes, "If you can't take the heat, get out of the kitchen." Well, it is not quite a kitchen, but after Cowley's dominating tournament victory, Johnson County and anybody else who tried playing should have brought their hot pot holders.

Cowley was smokin' during the tournament.

The Tigers went unfazed and unbeaten in the tournament, going on to beat Johnson County in the Region VI championship without losing a set.

Surprisingly as it was, Cowley used some different procedures to win.

Camilo Velandia moved from the No. 2 spot to No. 1, as Orlando Martinez replaced Velandia at No. 2.

Cowley dominated and won the Region VI championship.

The men's team took off for Corpus Christi, Texas for the 1995 NJCAA National Tournament, which is May 22-27.

Going into the tournament with a 9-2 record, and a No. 3 national ranking, the men should look forward to a successful outcome.

Getting that record was not easy. Having to play teams like Wichita State, Oklahoma, and Collin County, the No. 4-ranked junior college team in the nation, provided Cowley with much experience heading to nationals.

"We've just gone out and beat people, and we've played the teams that will help us achieve our goal which is the national championship," head coach Larry Grose said.

On the other hand as the men won, the women came up just a little short. Six points to be exact, from receiving the Region VI title.

Cowley and Johnson County were the two favored teams to face one another. Just who was going to win was the question.

The two teams blew past all other competitors and wound up playing one another in the finals.

The women then fell short, losing to Johnson in the overall points.

Cowley had two individual regional titles. Kim



Photo courtesy Fred Rindt

Jill Bernhardt was a mainstay for the Cowley women's tennis team during the 1995 season.

Boller and Adrianna Gilcreest claimed two titles. Boller had straight-set victories throughout, but Gilcreest had some trouble in the finals. Not losing a set till finals, Gilcreest lost the first set, but came back and won the next two, clinching the Region VI title.

In the women's doubles, Cowley, with Kim Jones and Jill Bernhardt, was seemingly more dominant, with a bye and two straight wins.

Cowley faced Johnson County in the finals. Johnson won the first set, then Cowley responded and beat them in a second-set tie-breaker, but Johnson put Cowley away in the third and final set, clinching the Region VI championship.

The women still earned the right for the NJCAA national tournament, held in Tucson, Ariz., on May 8-12.

Oklahoma pipeline

Softball team taps Sooner State

By Nathan Pykiet

What's left to be said after the Cowley softball team went from a 7-7 start last year to a 14-0 start this year? How about wow!

This year the Lady Tigers are on their way to win regionals.

Previously the best any Ed Hargrove-coached team has done in his 10 years is to win the Region VI title.

In the past four years, the team has consisted of many Oklahoma natives. In 1992, the team had seven, in 1993 and 1994 they dropped down to five, but now in 1995 the team has gone back to seven.

Lindsey Long, Missy Lee, Tracy Taylor, Tracy Smith, Melanie Hennessey, Toni Evans, and Amy Vaughn are the seven players on the Cowley roster from the Sooner State.

Four of those seven players are full-time starters.

With the four starters, they have gotten more respect throughout the conference, unless you consider a 14-0 start not good. But the team has not reached the point of

threatening, because of the past years of being defeated in the early rounds of the Region VI tournaments.

Even with the four starters, the other three have moved up and given them

the defense was very questionable," Hargrove said. "But now it's very strong, and should get better throughout the year."

Since the defense has strengthened, the offense has stepped up and has become very strong also.

Under Hargrove the team has

won four titles. The last one was in 1986 when the Tigers won the Region VI Tournament.

That same year the team was denied an opportunity to go toward a national title, with a disappointing loss to Crowder. The Tigers played in a winner-take-all playoff game to see who would go to nationals. Hargrove credits "good recruiting" as a key to success.

And that has included a steady stream of players from Oklahoma.

Hargrove said his team has poise and character. But he also said that if and when that first loss comes, it will be interesting to see how the team reacts.

"They are a fun group to work with, where the team and individuals grow," Hargrove said. "But it will be interesting on what the reaction from a loss will be, hopefully it won't effect them too much."



Kneeling from left: Tracy Smith, Tracy Taylor and Lindsey Long. Standing from left: Amy Vaughn, Missy Lee, Melanie Hennessey and Toni Evans.

NATHAN PYKIET/PULSE

hope of a team success.

The sophomores provide most of the leadership, and they want to beat last year's runner-up finish in the Regional VI Tournament.

Losing a lot of sophomores last year has been noticed on both offense and defense. But hopes were still not diminished. A great attitude and many leadership qualities existed with the returning players. This year, the team has improved in both offense and defense.

"At the beginning of the year,

Talented athletes

Baseball players have successful year on the field and in classroom

By
Nathan Pykiet

Mark Short, a sophomore outfielder for the Cowley baseball team, is having a good enough year that he could earn another All-Jayhawk Conference award, since he won the award last year. Short is a native Oklahoman, from baseball-rich Stillwater. But he decided to play baseball at Cowley last year. He came to Cowley as an infielder, but the coaches put him in the outfield.

"I thought he would have a better time in the outfield," said Darren Burroughs, assistant coach.

Short carries a 3.7 grade-point average academically, and has worked hard enough to be one of many players at Cowley to be very recognized. A great attitude is one of the many qualities of Short, and should be looked at by many, not only as a player, but as a student, also.

"I had a good season last year, but this year I started out slow and was frustrated," Short said. "I finally got my swing back, and got myself together."

Short predicts that the team should win the conference title, and should win the sub-regionals, which will be held here at Cowley. Anything could happen.

"To win the sub-regional you need a little luck, and anything can happen," Short said.

Jarrett Enright, a sophomore pitcher for the Tigers, has accomplished much more than what was expected. Enright, in his first 17 innings, has given up only one hit, while striking out 17. He is from Olathe, and has been at Cowley three years. He spent an extra year because he got hurt last year. Enright also is a very

"... it doesn't matter what the individual does, it's if the team wins or not."

Jarrett Enright
Sophomore Pitcher



good student, carrying a 3.3 GPA. He's a student-athlete that should be looked out by many, especially when batting against him.

"The team has the potential to be good, and is the best team since I've been here," Enright said, "where it does not matter what the individual does, it's if the team wins or not."

Being a good pitcher is not always easy, and it really helps to have a good relief pitching staff.

"Jarrett is a real good kid. He competes well, and has a real knowledge of the game," Burroughs said.

Even with these two players, the team can not win without the others. At press time the team had a record of 18-5, including 8-3 in conference play. With a record like that you might wonder if it is just luck.

"The team has had some real battles and has had to come back quite a few times," Burroughs said, "they never give up and always fight back."

Good communication is another thing that the players have. The players and the coaches have a great sense of communication, and spend a lot of time together so they can learn more about each other, and the coaches.

"The team is really talented, and they are a fun group of kids to work with," Burroughs said.



"I finally got my swing back, and got myself together."

Mark Short
Sophomore,
OF

Students get involved in INTRAMURALS

By
Nathan Pykiet

The intramural athlete has to play hard. It's such a short season.

At Cowley, there are several short seasons in which to participate.

Softball was the first intramural sport to be completed. It was the first time softball was offered, and the students still competed and played well.

"It was good for the first time, since we didn't have it before," said Ed Hargrove, director of activities.

The softball season was capped in October with a tournament, won by the "Hometowners," captained by Brian Hargrove. The Hometowners captured a 17-6 lashing of the runner-up "Jerkoffs," captained by Tony Nash.

The Hometowners started the season with an 0-2 record but recuperated and worked toward the tournament crown.

The league was made up of five different teams that ended up playing 22 games, but could have played at least one game, due to a forfeit with not enough people showing up.

"Softball will definitely be changed next year," Ed Hargrove said, "but it can only get better,

where we will learn from our mistakes."

Volleyball intramurals was then scheduled in November.

The tournament was once more the most successful. With the 11 teams going out in the tournament you would expect a lot of forfeits, but very few were called.

A lot of the fun was for the coed teams. Both women and men could play on one team.

"Unlike basketball, you don't need to have much talent to play in the volleyball tournament," said Ed Hargrove, "you just go out and have fun."

The people who went out did not have to worry about having too much talent in volleyball. You can just go out and be with your friends, and not worry about the result of the game.

The volleyball regular season was wrapped up in early December where the "Killers," captained by Sheila Mills, ended with an 8-0 record, the only undefeated team throughout the season.

The rest of the teams just lacked the ability to beat the "Killers," so the tournament ended up with one winner, and you don't have to be a rocket scientist to figure out who

won. The "Killers."

With volleyball being the most successful, you would also expect the intramural basketball tournament to be successful, but that was not the case.

"It was fairly successful, when the teams were there," said Ed Hargrove, "but a lot of forfeits were called, due to not enough players showing up."

The tournament was divided into men's and women's divisions.

Next year the tournament should consist of many changes, but some are not quite figured out, at least not 100 percent.

The basketball will have a minimum number of players, but more than this year's, and may be the women will have to go back to half-court play, with this year's women having to switch during the middle of the tournament. Many other rules should be changed for next year also.

With the intramurals finished, but not forgotten, students still should say, "I did the best that I could, and I'm proud of how I played."

Do not let the dream of wanting to play intramurals pass you by. Participate in it next year if you can, but don't just sit around. Go for it.



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What *is* Proposition 187?

By Abe Hull

California has received a lot of criticism recently regarding the legality of its Proposition 187. Some people may not have heard of the proposition yet, however. The proposition states that undocumented immigrants or "illegal aliens" may not receive state services such as schooling for their children or medical attention.

The proposition, which was passed overwhelmingly by California voters in the Nov. 8, 1994 election, has come under a whirlwind of lawsuits and public scrutiny. Hospitals and health organizations have become extremely involved in an effort to repeal the proposition claiming human rights are more important than public dollars.

The question is: "Should citizens pay for the education and medical care of people who pay no taxes?"

. . . "Should citizens pay for the education and medical care of people who pay no taxes?" . . .

Proposition 187

In a nutshell...

Proposition 187 is an interesting demonstration of the current attitude displayed by the American public. Our obsession with our own well-being once again embodies our legislation as far as California goes. Our health care system is obviously going down the tubes and it probably has almost nothing to do with the medical treatment of illegal aliens. Instead of buying that 25-cent piece of gum at the grocery store, why don't we pay to have a man treated for a heart-attack or a knife wound he received while walking home to his \$70-a-month apartment in the ghetto?

America has become so discouraged by the idea that the government never will straighten up and work for the people again that the people have somewhat accepted that they may not be able to change things. We try to elect public officials who will get us out of our financial prob-

lems, but we don't want to give up our valued "crutch" government programs and until our health care plan crashes (figuratively), we don't want to desert the programs currently in use.

When considering the schooling of children of illegal aliens we can look at the situation a different way. The children aren't going to die if we don't pay for their schooling. If an illegal alien puts his/her child in a public school, it is the same as robbing the other children's parents. With even a small number of alien children attending schools, the poorly funded institutions are forced to use government tax funds that were intended for taxpayers' children and use it on the non-taxpayers' children. If the schools had reasonable funding this wouldn't be as much of a problem, but as we have seen the schools are broke and the students are starving for modern knowledge.

Getting their hands on alcohol

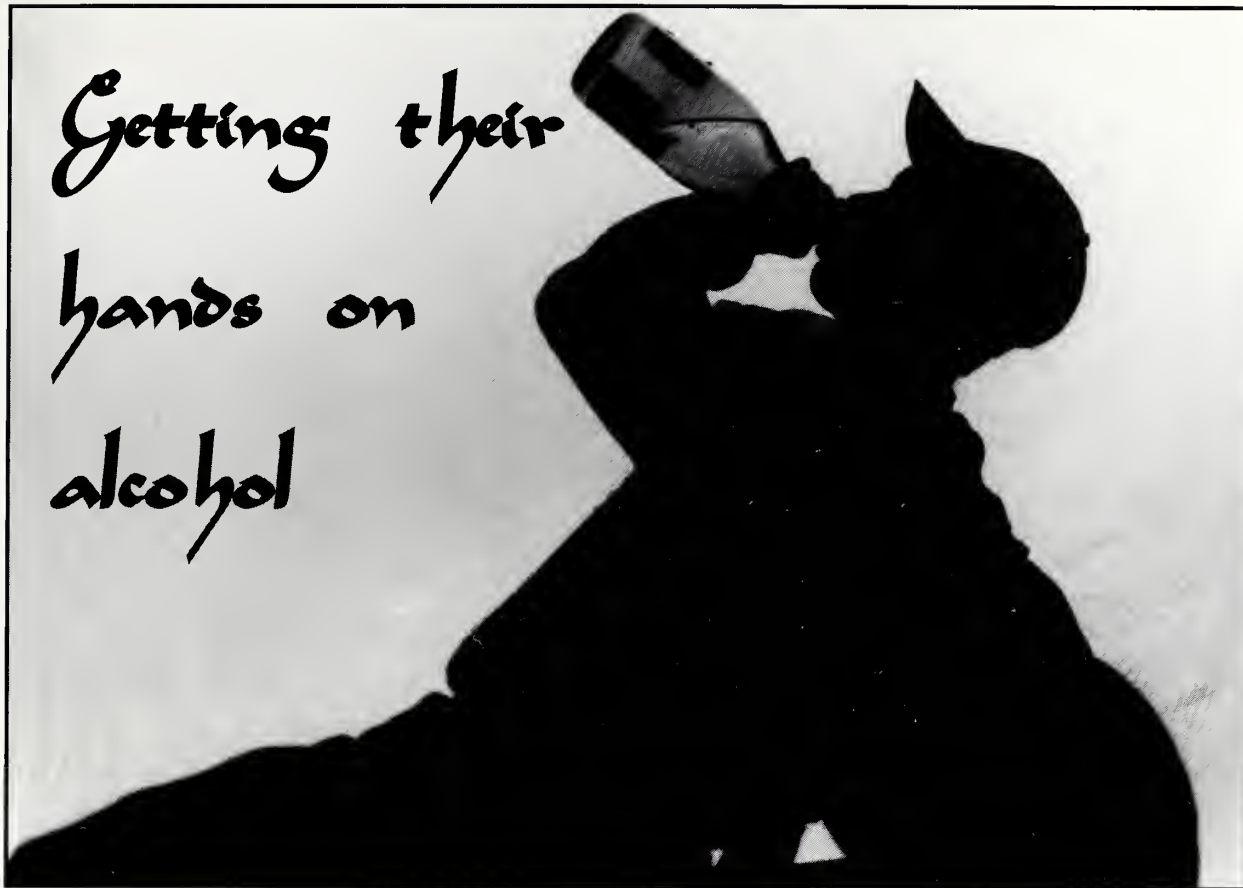


Photo Illustration by KAY MARLER/PULSE

The legal drinking age in Kansas is 21, but underage students who want to drink can find it.

College students finding buyers easily

By
Nathan Pykiet

John is a well-known student. He gets good grades, participates in athletics, and is involved in numerous clubs and activities. What people do not know about John is that when he gets done with all his classes for the day, he heads right for the liquor cabinet. He sits down and watches television till he is passed out on the floor or couch.

You see, John is a college alcoholic. People do not realize that even the best students have secrets.

College drinking is a well-known habit nationwide and is becoming more and more of a habit as the years progress. Due to state law, drinking on campus and in the dorms is prohibited. But does that keep students from drinking in the dorms? No.

Out of a small sampling of 10 Cowley students, six said they didn't care about the state law and would drink in the dorms until they got caught.

One unidentified freshman said, "Yes, I drink in the dorms, why not, I haven't got caught yet."

As you can see "yet" is a common word used, especially when you think you can get away with it. Cowley's campus security is told to give a verbal warning, and dump out the alcohol.

Another freshman said, "If you're 21, why should you not be able to drink when and where you want to, by law they are old enough."

True, the legal drinking age is 21, but the average age of students living in the dorms is 18-19. Why should we change the law, just to make a limited amount of 21-year-olds be able to drink, especially when people under that age will go to those rooms and drink with them? Why don't students just go to a house and drink, if they must, and stay there? There they wouldn't have to worry about being caught by security.

"I think that if you get caught, you should spend the night in jail, especially for being stupid enough to drink in the dorms," said a sophomore from Wichita, who asked not to be identified.

Even though statistics say drinking among most teens has declined since the 1980s, it is still a well-known habit and will never be stopped unless the teens themselves control their drinking.

John was a well-known student, but alcoholism sent him to an early grave. One night he decided to go out and drink instead of staying home. He went with some friends and drank a lot, and John decided to drive home, well beyond the drunken stage. John passed out behind the wheel and drove over a 100-foot cliff.

Do you want to end up like John? You make the choice. It's your life.

PTK Initiation

Brad Donley, left, presides over the initiation ceremony for 92 Cowley students into Phi Theta Kappa during the spring 1995 semester. The ceremony took place in the Earle N. Wright Community Room in the Brown Center for Arts, Sciences and Technology.



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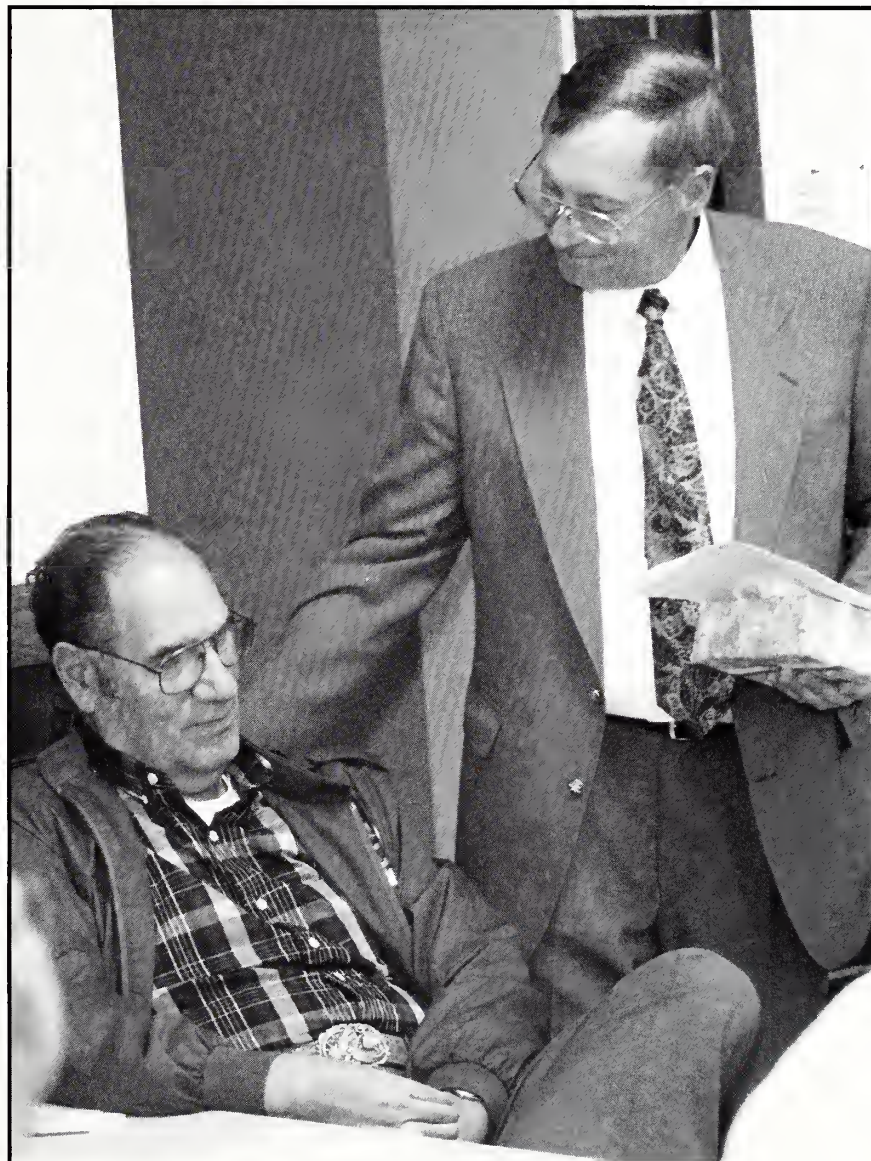
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Photos courtesy Fred Rindt

Into the sunset

Two long-time Cowley employees retired at the end of the spring semester. Top photo, Bob Boggs, left, automotive service technology instructor, accepts a gift from Richard Tredway, interim dean of instruction. Right, Carriasco McGilbra, seated, is about to receive a gift from Sid Regnier, vice president for business administration. Boggs and McGilbra were honored at a reception held in the cafeteria of the Nelson Student Center. Boggs began working at the college in 1979; McGilbra in 1980. Together they have more than 70 years of experience in education.



Kid from Towanda makes adjustment to KU

Some experiences you never forget.

One experience that left an impression on me, as silly as it may sound, was circling the dorms at Cowley in my car the day I was to move in, thinking about how it was not too late to go home and forget the whole thing. I could return to my hometown, where I knew everyone, where it was safe. I didn't know anyone in Arkansas City, and I was scared to death.

I did move in. I made friends, did all right in my classes, and was often surprised at my own tenacity. I am just a farm kid from Towanda, after all.

Last fall, after two years at Cowley, I transferred to the University of Kansas, where the student body is twice the population of Ark City.

After about a week there, I realized that any student at Cowley could be a student at KU. A walk across campus did not reveal the Birkenstock wearin', peace lovin', marijuana smokin' freak show that someone from more conservative parts of the state would expect.

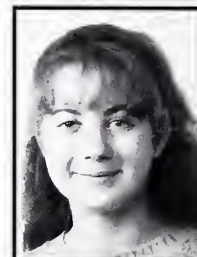
And you have probably heard a lot of myths about universities, especially large ones, that are not true.

First of all, if you choose a large university, you need not fear getting lost in a sea of liberal arts majors. Those first few weeks when you are longing to see a familiar face can be difficult to get through, but the overwhelmed feeling goes away when you start recognizing people.

In the classroom, community college transfer students have an advantage because they are used to speaking with instructors. University professors generally are impressed by students who approach them during office hours or after class to ask questions.

Imagine how surprised I was to discover my professors were real people, not the snotty academics I thought they would be. At the university, like at Cowley, you usually get as much attention from

*Novelda
Sommers*



your professors as you demand.

If fear is a bad reason to not choose to transfer to a university, lack of money is an even worse reason.

Financial aid and scholarships are not difficult to obtain. Taking the time to fill out the forms can be well worth it. Take out a loan if you have to. Working a part-time job is also a great way to meet people in a college town, especially if you can get a job on campus.

Living in a residence hall is a good way to meet people, too. But if you decide to live off campus, start looking for a place early. If you wait until August to find an apartment, chances are you will be paying town house rent for a cockroach-ridden dump.

Community college transfers get a bad rap at universities sometimes. They are thought to have gotten an inferior education those first two years. That's not true! In many ways, transfer students are better prepared for the upper level classes because they have already gotten some hands-on experience in their chosen fields.

Don't let yourself be intimidated. Whether you transfer to Southwestern or to an East Coast, Ivy League school, keep in mind that college students are just about the same everywhere.

Novelda Sommers was editor-in-chief of The PULSE for 1993-1994. She is a junior at the University of Kansas, majoring in Journalism.

PULSE

Vol. 1

Cowley County Community
College Student Magazine

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Fall 1995



TOP 10 CAREERS FOR
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DANCELINE FASHION SHOW



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On the cover

Lana Sleeper is at her best, or worst, during the sixth annual Puttin' on the Hits lip sync contest held in September. Story on Page 16.

The Pulse is

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SUPER MODELS

TIGERETTES EARN WAY TO NATIONALS BY HOSTING "PUTTIN' ON THE RITZ"

*Story by Cheryl Mayhill
Photography by Abe Hull*

The CCCC dance line put on a show as it hosted the Puttin' On the Ritz fashion show on November 2. The Tigerettes, along with several CCCC yell leaders, modeled the latest fashions to music performed by Kenney Underkoffler and Kenny G. Sleep wear, evening wear, casual wear, and street wear were provided by Harvey's and Mr. Harvey's.

The Tigerettes raised \$1,000 to help them go to Florida, where they will dance in the nationals competition at the MGM studios in December. To be invited to participate in the nationals, a videotape of the danceline's performance was sent in and selected along with 29 other schools' videotapes.

"It was interesting being able to wear all those clothes that weren't ours," Amanda Mott said.

Prizes were given away to people from the community who attended the show. A trip for two to the Ritz-Carlton, two \$50 gift certificates from Harvey's and Mr. Harvey's, and a shirt from the CCCC bookstore were donated. Deserts and flowers were provided by the dance line.

"It was different. It was fun. I'd never done anything like that before," Satin Siroky said.



Emily Lovelace, Amanda Mott, Amy Snyder, Danielle Williams, Deja Blankenship, and Barbara Carrera, left photo, model casual wear. Yell Leaders Nick DeVivo and Tony Nash, top photo, model street wear with Tigerettes Emily Lovelace and Amy Snyder. Satin Siroky and Andretta Pellegrini, bottom right, show off casual wear.





is

Shaping

Tori Gann



Although the Wellness Center has been open for only three years, its impact on Cowley students and the community has been tremendous.

"Anyone that is college age or older has a great opportunity," said Deb Nittler, Wellness Center Coordinator. "Everyone can benefit greatly."

The idea of the Wellness Center was originated by Dr. Bob Paxton, Cowley's former vice president of instruction. He got the idea from a college where he was previously employed and he felt that a wellness center would be a good thing for Cowley students.

"Dr. Paxton came to Carol Hobaugh-Maudlin and me and

asked us to research his idea," Nittler said. "We went to surrounding colleges and visited their centers."

After their research, a proposal and budget was presented to the board of trustees in 1991.

"Once the board heard all of the information, they were very receptive to the Wellness Center," she said.

The proposal was passed within one year and by August 1992, the Wellness Center was opened.

"When we first opened, many people didn't know about it," Nittler said, "but in the three years that have followed, the acceptance and use have been outstanding."

See Page 5

The Wellness Center doesn't just provide its services to numerous students, but also many community members as well.

"There are between 300-350 students and community members exercising here this semester," she said.

Many of those community members spend many hours a week at the Wellness Center to exercise and socialize.

"I can not believe the number of people I see in here everyday," one woman said, "I'm starting to know people on a first name basis— I feel like I'm in college again."

Whether it's students or community residents, their feelings about the Wellness Center are positive.

"It's nice to be able to have a place to exercise without having all of these sweaty guys watching you," one freshman girl said.

Nittler said that another thing that the people exercising like is the flexibility of hours.

"I can come in at six in the morning or four in the evening," one person said. "I can exercise whenever I like."

With all of the positive response, Nittler is hoping to expand the Wellness Center in the future and provide more specialized services for more people.

"Specialty machines and a walking track are just two of the

"When we first opened, many people didn't know about it — but in the three years that have followed, the acceptance and use have been outstanding."

Deb Nittler

additions that I would like to make." Nittler said.

Nittler feels that the Wellness Center is helping change the outlook of health and exercise for Cowley students. She believes that when students enter college, their lifestyles change, including their eating habits. When this happens, many people gain weight, but do nothing about it.

"Having the Wellness Center as a class makes the students exercise," she said, "They have to take the responsibility for themselves, they're in college now."

The Wellness Center is a great asset for Cowley students and the community. Those who don't use this opportunity are missing out.

Back to the Races

Automotive Technician Class Goes to Heartland Park Topeka

Jodi Hull

John

Klick took his
Automotive
Technician

class to the National Hot Rod Association (NHRA) races in Topeka on Sept. 29, 1995.

The guys left Cowley at 4:45 a.m. Friday and returned later that day at midnight.

The students were allowed to observe the races and walk through the pits where the drivers, the cars, and the mechanics were stationed.

"We got to watch some of the mechanics break down and restore an engine; that was cool," said Jason Wolfe, Cowley student. "I think I need one of those at home in my room."

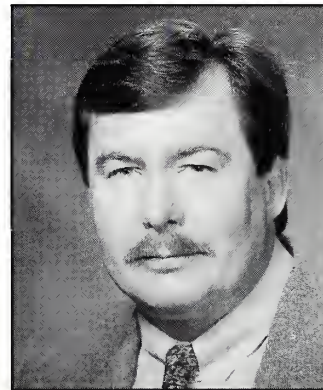
When they returned to classes on the following Monday, the students were expected to write a one- to two-page report on how going to the NHRA finals helped them in the careers that they are pursuing.

Those who attended the races were Justin Conklin, Monte Evinger, Jason

"The drags were awesome. My whole body shook when the cars went by. Everybody was telling me to plug my ears because the top fuelers were so loud, but I didn't want to; I loved it!"

Justin Conklin, Freshman

Goyer, Phillip Greisel, Daryl Keeser, Terrance Latta, Chris Lazar, Rex Lessew, Mike Marvel, Kevin McCurley, John Moore, Damon Ramsey, Dave Richardson, Shane Sloan, Jason Wolfe, Shane Flenore, Josh Headrick, Brandon Lowe, Jess McCutcheon, Ashleigh McGinnis, Dylan Parsons, and Brett Ruggles.



John Klick

The Brown Center ... of attention

*Story and Photography
By Abe Hull*

It's finished!

The official grand opening for the Brown Center for Arts, Sciences, and Technology was held on Sept. 23, 1995. After two and a half years of construction, the completed Brown Center will house thousands of classes for generations to come.

The building features teachers' offices, a spacious auditorium, about 13 classrooms (including an interactive television classroom, a painting and drawing lab, a ceramics room, and vocal and instrumental music rooms), a large arts room, the Green room, and the Wright room.

Luckily, construction was completed enough last fall to hold classes in the facility during the fall 1994 and spring 1995 semesters. With a price tag of more than \$5.5 million, the building has been deemed as one of the finest college facilities in the Midwest.

A large, elegantly dressed crowd of around 650 people attended the grand opening for the facility. The festivities began with the dedication and appre-



The family of Dr. Pat McAtee holds the miniaturized replicas of the sculptures in front of the Brown Center.



A variety of entrees were served to guests.

ciation speeches by Bob Storbeck, board of Trustees chairman, and president McAtee. McAtee was presented with small replicas of three of the bronze sculptures in the east plaza named after him for his hard work in helping the project come to life. Next was the cutting of the ribbon to a receptive audience. Guests were then provided with mounds and mounds of delectable fruits, sweets, and fondue in celebration of the event. And finally, the crowd adjourned to the auditorium for a musical treat from the Lettermen (a favorite band of the Jack Benny Show).

The evening was a enjoyable for all who attended, but especially for those who contributed to the construction of the building. All the combined hard work of many people was finally finished and the crowd approved of the product whole-heartedly, from the five sculptures that complement the Patrick J. McAtee Plaza in front of the

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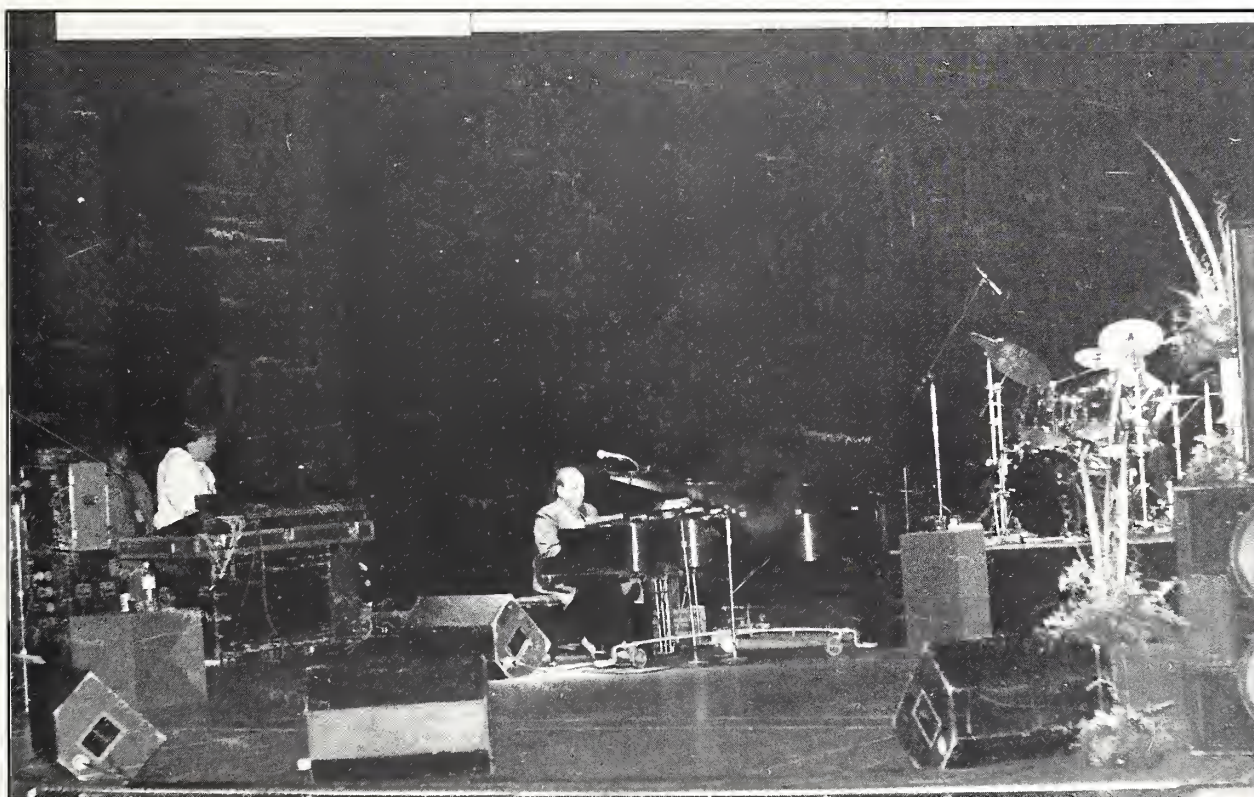


building to the comfortable chairs in the classrooms.

"We had all the usual obstacles to deal with, but overall the project went pretty smoothly," said McAtee. "Without total support from the community and the college, it would never have gotten finished."

What does the completed Brown Center represent to the college? "I believe it represents a quality learning center for our students. It also represents our commitment to education and learning," said McAtee.

Sid Regnier, vice president for business administration, presents McAtee with a gift from the board of trustees during the Brown Center opening ceremony Sept. 23.

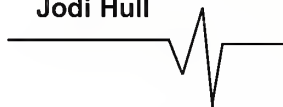


"The Lettermen" performed for guests of CCCC. The musical group was a favorite on the Jack Benny Show.

Is All the Stress Worth While?

Former Cowley Student Believes It Is

Jodi Hull



Have you ever wondered, "How are these classes going to help me in the future?" You might not realize it now, but your frustrations could pay off someday.

Randy Davis once asked the same thing, but now he's a teacher, coach, and principal at Copan High School in Oklahoma.

He attended Cowley county Community College from fall 1975 to spring 1977. While attending Cowley, Davis majored in physical education, and he was also an excellent athlete. "I really enjoyed playing ball at Cowley. Those were some of the best times. When asked about Davis, Ed Hargrove said, "Yeah, I know Randy. We're good friends. He was a heck of a baseball and football player."

While on the Tiger baseball team, Davis led the nation in home runs.

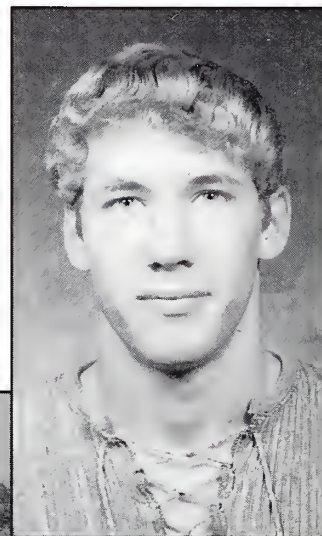
"I remember when they were playing St. John's in Winfield. We went to watch Randy play and he hit three out of the park in one game alone. He definitely had some power," remembered Curtis Hull, a present Cowley student.

Davis is now applying many of the things he learned at Cowley to his students and players at Copan. He currently teaches Driver's Education.

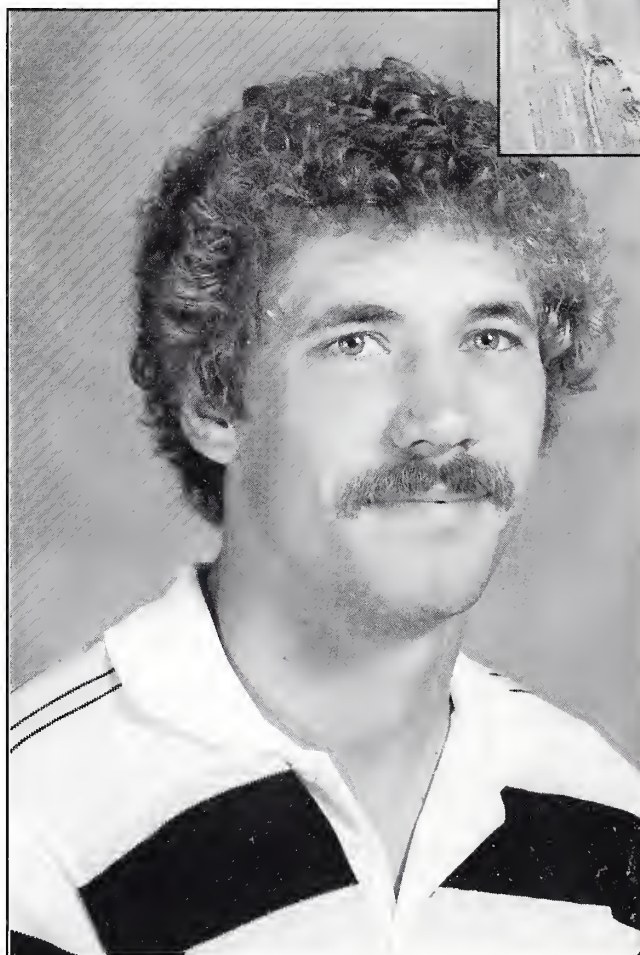
"I didn't think any of those classes that I took in college would do anything for me, except cause me frustration," chuckled Davis, "but now I see the importance of them."

He has also taken his girl's softball team to state many times, returning with a trophy every time.

So, even if you aren't exactly enjoying all of your classes right now, remember that you could be using them every-



Randy Davis in a recent picture and in his younger days (inset).



day for the rest of your life. Davis has a few words of wisdom for college students, "Apply yourself now and get rewarded later."

Work & Play

Journalism Students Visit Washington, D.C.

Jodi Hull

Some of Stu Osterthun's journalism students traveled to Washington, D.C., for five days to attend the Associated Collegiate Press (ACP)-

College Media Advisors (CMA) convention that took place Nov. 2-5, 1995. Angie Ewertz, Greg Douthit, Matt Clark, Andrea Ball, Younkwang Jung, and Krysti Demaree from the Newspaper Production staff, and Courtney McPhail and Jodi Hull from the Magazine Production staff attended the conference. Lois Osterthun and Rex Soule also went with Stu and his students.

The group left Cowley at 6:30 a.m. Nov. 1. After arriving at Kansas City International Airport, they boarded a plane and flew to Baltimore, Md., making a stop in Charlotte, N.C., on the way back.

Thursday morning everybody registered for the conference and spoke to many other establishments that publish magazines and/or newspapers. Many received free T-shirts, magazines, newspapers, pens, posters, etc. After this, everyone split up into groups and went venturing around D.C. to see the sights. For several, it was the first time they had ever ridden on a subway system or in a cab. Krysti laughed, "I'll never forget the night that all eight of us piled into a cab to go to a club and then ended up turning around and coming back because we didn't want to wait in line. We all squashed together, looking ridiculous, to take a thirty-two dollar midnight ride. What a joke!" Many visited the White House, the National Monument, the Smithsonian, and the Capitol. That night many of the students went dancing at a night club called "The Cellar."

Friday and Saturday Stu and his students attended many different classes throughout the day. There were sessions for Design/Graphics, Media Law, Diversity, Ethics, and many other topics that apply to magazine, newspaper, and yearbook staffs. Courtney said, "The classes I took were really educational. It



PHOTO BY JODI HULL

John F. Kennedy's gravesite was just one of the many attractions journalism students visited during their trip to our nation's capital.

allowed me to see how other publications were doing their work and gave me possible ideas of how to apply their techniques to our publication." The students were allowed to attend whatever classes they felt would help them the most with their personal weaknesses.

After several days of work and play, everyone gathered their things and met in the hotel lobby at 7 a.m. Sunday to start heading home. The exhausted group returned to Cowley after approximately 13 hours of traveling. Many felt the week had been a great learning experience and were glad they attended.

"I was really glad that eight students were able to attend the conference. I think it's great that they can observe the way professionals do their work. It's an excellent conference for learning. I believe that's it's really helpful to the students."

The art of **cosmetology**

Many students majoring in cosmetology aren't seen around campus very much, because they spend most of their days on the lower level of Ireland Hall.

Cheryl Mayhill

As a 12-year-old, Stephanie Long loved to practice on nails. Stephanie would practice on her friends. She would cut and style their hair for different occasions.

Stephanie has always been interested in the field of cosmetology and is enrolled in Cowley's program. She began in August. She says her favorite part is "definitely nails." A friend of Stephanie's, who went to cosmetology school, got her interested in the field.

"I always wanted to learn how to do nails," she said.

Cowley's program teaches students all aspects of the business, from hair, facials, and nails to salon ownership. This field involves 1,500 hours in the classroom and on the floor to graduate. There are no other courses required. If Stephanie were to miss a day, she would have to pay \$24. At the end of the year she would have to make up eight hours for each day missed.

Stephanie, 18, is from Haysville. Her daily routine consists of class from 8 to 11:30 a.m. and is on the floor from noon to 4:30 p.m. In the classroom she is shown different hair types, bone structure, colors, and formulas for hair.

"We get most of our practice by practicing on each other," she said. She also gets some of her practice from walk-ins and regular customers.

Stephanie says there are few openings in the field in Ark City. But she said stylists are needed in Wichita.

"There is a big demand for black hairstylists," she said.

She is planning to start her career in Wichita.

Pat Mauzey and Cheryl McCully are the instructors at Cowley. The program is located on the lower level of Ireland Hall.



PHOTO BY CHERYL MAYHILL

Pat Mauzey demonstrates the finer points of a facial during one of her sessions.

Education and the INTERNET

The love affair continues

Abe Hull

Surf's up! If you're not surfing the World Wide Web (WWW) through the internet yet, chances are you will be. What is the internet? The internet involves a telephone link with about 60,000 computer networks across the globe containing millions of pieces of information. Why is everyone so excited about it? It allows anyone to get information from anywhere in the world and bring it to his home, school, or office almost immediately. It allows the average person, armed with a computer and a modem, access to the world's largest libraries, art galleries, museums, and anything else that the public might want to see.

More and more colleges are purchasing the equipment necessary to help their students and teachers get connected to the internet. Here at CCCC, access to the internet has been made available to our faculty and staff through a grant that allowed our computer services department to buy the equipment needed to connect a handful of people to the internet. Teachers can now get information that would take days, weeks, or maybe months to obtain. This can directly improve the quality of our education and make our time here at Cowley even more valuable.

The students may get a taste of this technology in the near future if ideas take shape to set up areas in the library for students to use the network. "Colleges that don't have internet access will be as rare as colleges without libraries," commented Charles McKown, director of computer services. McKown remarked that the internet can benefit students "primarily through its research capabilities. The internet provides instant access to a wealth of information."

There are ways to access the internet other than through a college or business, though. This is the purpose of on-line services such as CompuServe, Genie, Prodigy, and America On-line. You need three things to subscribe to an on-line service. A computer, a modem, and a credit card. Prices for on-line services vary, but you usually have to pay a monthly membership fee and the price of the call to a major U.S. city. If the service doesn't have an 800 number and the nearest phone number is in Chicago or Houston the calls can most certainly become costly. This is why it is important to shop around. Membership offers for on-line services can be found easily in computer and business magazines. Once the service knows you are interested, they will send you a floppy disk to use on your computer. After that all there is to do is slip the disk into the disk drive and type install. The rest is up to your credit card.

Tony Elledge is a Cowley student who uses America Online. He has been online since July when he got his computer and spends about 10 hours per week on America Online.

"I use America Online mostly just for entertainment for myself," said Elledge. "I pay \$10 a month membership fee, but I have a phone bill of about \$200 a month."

There are also free computer services in large and small towns. These are known as Bulletin Board Systems. BBS's are financed by donations of money and computer equipment by the people and businesses of the community. The most challenging part of joining a BBS is getting the phone number of the service. Usually the local computer repair and sales stores have these numbers, but you may have to ask around to find out what they are. A popular BBS here in Ark City is the FireWire BBS run by the Arkansas City Fire Department. The number for this BBS is 442-3702. All you have to do is call and you're there. Happy surfing!



Arkalah

Brynn Haynes named Queen Alalah LXIV

A

rkalah is an annual event that started in 1928 and except for a four-year lapse during World War II, has been going strong ever since. The festival is the largest event that Arkansas City has, and it is well attended every year. The

ROCK

64th annual Arkalah was a time for families to get together from all around the Arkansas City area to have a good time by participating in the many events taking place all week long in October. Arkalah proved to be a big success. The carnival was in

AROUND

town Monday through Saturday, and many children and adults enjoyed the rides and excellent food. On Thursday there was the night parade, which shows the floats lit up. At Friday's coronation Brynn Haynes, an Arkansas City native, was crowned Queen Alalah LXIV. First runner up was Kara Fry, who is also from Arkansas City. The

THE

other candidates were Arie Jones, Brooke Blessing, and Emily Lovelace. They were very busy all week long attending area events. The two-hour parade on Saturday ended Arkalah. After the parade, most people were exhausted from such a busy week, but they were still looking forward to next year's Arkalah.

CLOCK

*Story by Cheryl Mayhill
Photography by
Carrie Froelich
and
Dane Janney*



Top, Brynn Haynes acknowledges the audience after being crowned Queen Alalah. Below, the moment immediately preceding the announcement.



*"I can see myself
being here in fifty years
as a returning queen,
this is something that is
forever."*

*—Brynn Haynes
Queen Alalah LXIV*



The Tigerette Danceline performed a few numbers from the 1950s that entertained the audience.



From left, Brynn Haynes, Kara Fry, Arie Jones, Brooke Blessing and Emily Lovelace sit atop the Queen's float in the Arkalalah parade.



Kara Fry tells the audience a little bit about herself during the coronation.



Candidate Brooke Blessing addresses the audience while emcee Nick Rogers prepares for his next set of lines.



Arie Jones takes center stage during her short speech to the audience in W.S. Scott Auditorium.



Emily Lovelace begins taking her walk down the runway to tell the crowd about herself.

It Happened: Fall 1995 Semester

August 19, 1995



The Tiger Booster Club held a golf tournament to raise funds for athletic scholarships. The event was so successful, plans are being made to hold another tournament next year. From left, Dr. Pat McAtee, Gene Cole, Tom Saia and Tommy Sleeper take care of the registration table. The event was held at the Arkansas City Country Club.

Free Movie Night at the Burford Theater in downtown Arkansas City is one of the most popular student activities at Cowley

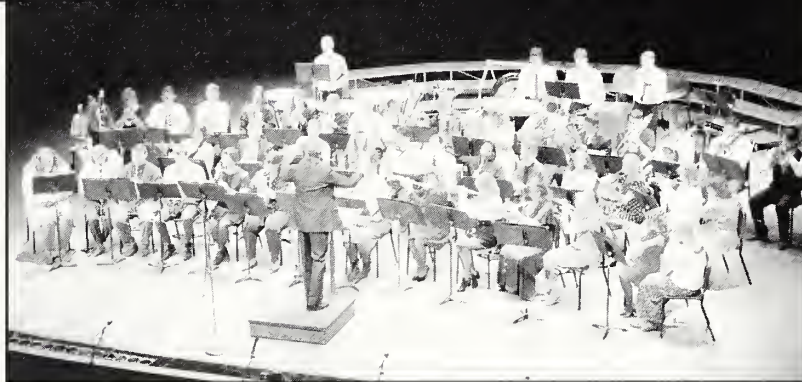


August 24, 1995

It Happened:
Fall 1995 Semester



October 8, 1995



The vocal (top photo) and instrumental music programs showcased their talent with a joint concert, the first of the season in the new Robert Brown Theatre. Hundreds of music fans attended the Sunday afternoon event.

**September 7,
1995**

The Single Mothers and Displaced Homemakers program at Cowley provides assistance to those in need. Lynn Jordan, pictured, was one of the speakers during a reception held in the Brown Center.





Puttin' on the Hits rocks Brown Theatre

Courtney McPhail

The faces of
Cowley students were
in awe as they

watched history take place. For the first time ever, the Robert Brown Theatre was the setting for the annual Puttin' on the Hits lip-sync contest.

Drama director Dejon Ewing emceed the beginning of the show when the "Blandy Bunch" took the stage, to the end of it when the "Jackson Five" took a bow. Greg Aldrich, Wilma Jones, and Jim Munson judged the students' and staff members' performances.

In the staff division, Boris and the Crypt Kickers won the "No-Brainer" award and took fourth place with "Monster Mash"; the womens' coaching staff won the "Most Shocking" award and took third place with "Material Girl"; the mens' coaching staff won the "Blown Away" award and took second place for "ABC, 123"; and a combination of the student services and humanities staffs won the "Most Uplifting" award and took first place for "I Am Woman."

The lucky participants who were awarded with money were the students. The CC Singers took fourth place and won \$10 for "I Don't Even Know Your Name"; the Tigerettes took third place and won \$20 for "Do You Love Me?"; the mens' basketball team took second place and won \$30 for "Calendar Girl"; and the womens' volleyball team took first place and won \$40 for "Respect."

Volleyball Kim Houk said that, "We had a pizza party and we watched the tape [of the Puttin' On the Hits performance] over again" with the \$40 the team won.

Audience members were given the opportunity to get in on the act of winning money by playing "Name That Tune." The first person to raise their hand got the chance to say the name of the song that was played for a few seconds. If they guessed the correct answer, they were given \$1, \$3, or \$10.

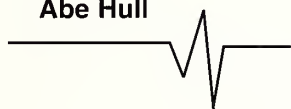
People may think that acting stupid to music isn't worth the trouble of the embarrassment that they have to face, but for some lucky Cowley students and staff, the efforts were worth it.



The volleyball team, top, dances to Aretha Franklin's "Respect." The girls won first place in the students' division for their performance. They celebrated their victory later by having a pizza party with the money they won. The CC Singers, bottom photo, perform to Alan Jackson's "I Don't Even Know Your Name." They took fourth place in the students' division for their witty scheme. *Photos by Abe Hull.*

Lights ON! Noises OFF!

Abe Hull



What is newer than the Robert Brown Theatre at Cowley? The fall play "Noises Off", of course. "Noises Off" (held Nov. 9 - 11) was the first play ever to be held in the newly completed Brown Center and was received with a standing ovation from the eager audience.

"I wanted a comedy to as to have an evening of laughter. I wanted to set a celebratory time for the new theatre," said Director Dejon Ewing.

The play is actually a play within a play, that is, the play is the story of the mishaps and misunderstandings of a group of actors putting together a play entitled "Nothing On". "Noises off", by Michael Frayn, involves three acts and a huge, two story, revolving set. The first act depicts the actors during play practice. The actors are struggling with lines and arguing about whether or not to use props such as the smelly sardines. The audience easily becomes wrapped up in the bumbling antics of the actors as they try (without much success) to iron out the details of the play.

In the second act, the set is turned completely backward 180 degrees to show the confusion and chaos the actors experience backstage as they put on their opening act in Miami Beach, Florida.

"Act two is my favorite because of all the physical action," said Ewing.

The set is then turned back around to the front where the third act begins. This is the second performance in Cleveland, Ohio where chaos turns into calamity and finally to a hilarious disaster as the cast tries desperately to improvise while the props and actors fall to pieces.

The huge set took a month to build. More than 25 students and volunteers worked 6 to 8 hour days, six days a week painting, nailing, and drilling their way to a successful show. Their hard work paid off. The elaborate set worked wonders in bringing the play to life.

"I thought it was extremely successful," said Ewing, "The crew did a superb job. The cast had strong characterization and excellent timing."

Cast & Crew

Director: Dejon Lyall Ewing

Technical Director: James Steinbacher

Set Design: James Outhet

Plus Many More

Kacey McKibbin: Poppy Norton - Taylor

Clayton Whitson: Tim Allgood

Joel Hockenbury: Selsdon / Burglar

Shelia Shockey: Dotty / Mrs. Clackett

John Post: Lloyd Dallas

Ryan Smykil: Garry / Roger

Stephanie Whitlock: Brooke / Vicki

Clayton Stacy: Frederick / Philip

Pamela Prichard: Belinda / Flavia



Watch Your BACK!

Criminal Justice students participate in kill night

Lora Heinitz

The Cowley County Community College criminal justice students hold (and some take part in) an activity they call "Kill Night" during the fall semester.

Kill Night has many different aspects of learning to the students, but all the reactions lead to one point.

"Freshman learn to watch their backs," sophomore Gene Hagar said. "They have to learn to always be alert and that criminals don't always play fair."

Freshman Carol Schierling agreed with Hagar.

"Students have to learn that they always need to pay close attention to their surroundings," Schierling said.

Both Hagar and Schierling defined Kill Night similarly, but with one Kill Night behind him, Hagar had a few additional ideas.

"Kill Night is a practice and evaluation of the freshman's skills. It is also a night of recreation for the sophomores," Hagar said. "The night is like a reward for the sophomores for the year before."

Schierling explained what components made up Kill Night.

"Kill night is when two sophomores set up trip wires, use bombs, and try to ambush the freshmen while the freshmen are doing campus security," she said.

She also explained what happened if the freshmen didn't catch the sophomores.

"If the freshman didn't catch the sophomores before the sophomores got him/her, or before the freshman ran into a trip wire, or before he/she was bombed, the freshman was dead," Schierling said.

Both students said that Kill Night was a good learning experience for them. Hagar said he learned to watch his back and to be prepared for anything. Schierling expanded on the same idea.

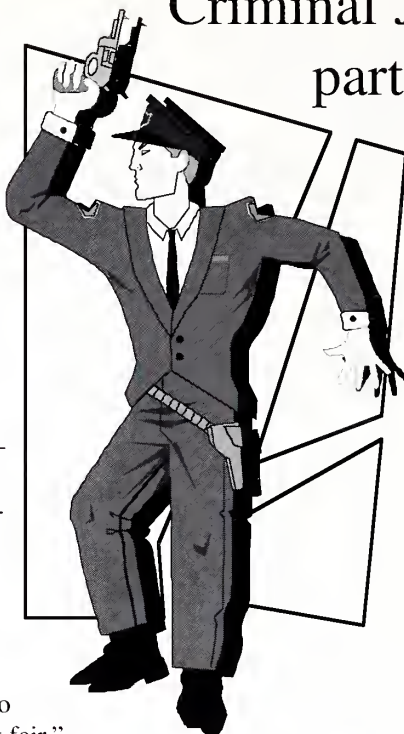
"I learned that even when I thought I was paying close attention to my surroundings, I wasn't watching closely enough. We ended up getting killed eight to twelve times, I think," she said.

However, both disagreed on their initial feelings after (their first) Kill Night. Hagar said that he was angry as a freshman because he had been tricked, but Schierling said she had fun.

"It also made campus security a little more exciting," Schierling said.

While Schierling said there was not one particular aspect of Kill Night that was her favorite, Hagar had one idea.

"Kill Night is a chance for us sophomores to get even for the year before," he said.



Bolting Into The Future

Courtney McPhail

Community service is something that some people think of as a punishment. Since 1992, VoLTS members have been trying to change that perspective when the club officially began.

The idea of starting a service organization at Cowley came from VoLTS founder Mark Jarvis in September of 1991 after he attended a Topeka meeting that stressed the importance of community service in schools. In April of 1992, the first VoLTS meeting was held after active students named the club (Volunteers Learning Through Service) and spread the word to other students who, in turn, joined the budding organization. VoLTS began as an organization of 30 students and there were no dues, monthly newsletters, or t-shirts for students that spring.

VoLTS has grown to be the most active organization on the Cowley campus as members strive to obey their mission to build a bigger and more diverse membership, make the community and the campus aware of the service movement, and to get the community and students to participate in service learning. General meetings are held every other Wednesday at 3:00. As of September 1995, membership levels surpassed 1994's total of 52 members. Students paid a \$10.00 fee to join and received a VoLTS t-shirt and the chance to get monthly newsletters.

"It's a driving thing for us to make sure that everyone knows about volunteering and what it is," Mark Jarvis said.

Dorm residents found out first-hand what VoLTS members do when some of the members helped them move their belongings into the dorms on August 19 at the first official "Dorm Storm" day. Each participating member worked a twelve-hour day that started at 9:00 a.m. An ice-cream social was held that night, and new dorm residents and VoLTS mem-



bers got to know each other as they played various games, including Pictionary.

VoLTS officers spend the months of summer planning a calendar of projects that the club works together on during the following school year. There's never any pressure to participate in every planned event; members can participate in the events that they make time for.

The student-lead club provides a variety of leadership opportunities that are available to all members.

"I used to be shy. VoLTS brought out the leader in me. I learned what service is, what it can be. You can help someone, yet have fun while you do it," VoLTS Vice-President Jennifer Frakes explained.

A Senior-Senior prom is hosted every year by VoLTS, which helps to break the generation gap between students and senior citizens. Students get to set up the dance room and invite senior citizens from surrounding areas in Kansas and Oklahoma to come and dance and visit with them. Students can also become active in planning the Sr. Sr. Prom by attending the meetings held on Tuesdays.

To show the community that they care about the environment, VoLTS members pitched in their time to clean up the

PHOTO COURTESY MARK JARVIS

Volunteers Learning Through Service, in conjunction with Redeemer Lutheran Church, was involved with the Adopt-A-Highway program on U.S. Highway 77 north of Arkansas City.

Robert Docking Memorial Highway.

The impact of VoLTS will continue to expand in the future. In the fall of 1996, VoLTS will start at the Mulvane extension of Cowley County Community College.

"It was planned to start in five years, but it will happen two years earlier than originally planned, because a lot of people are excited about it," Mark Jarvis said.

'Last Run'

20-Year Anniversary Will Be Remembered

Jodi Hull

As you read this story, picture yourself in the 1960s. What started in 1975 with a

few cars has become an Arkansas City tradition. The 20th year anniversary of the "Last Run" car show and drag racing was held Sept. 23 and 24, 1995.



Cars of all shapes and sizes were at the show.

It all began early Saturday morning when 886 cars/trucks were entered in the show; that's the largest number of participants in the history of the "Last Run." After allowing several hours of letting civilians look at their vehicles, the participants went uptown to cruise main, showing off their cars. Later that evening, hundreds of spectators lined Summit Street to see the nostalgic cars strut their stuff. Some people would throw soapy water onto the pavement in front of them, hoping to persuade the drivers to spin their tires. The smell of burning rubber and the sight of smoke lingering in the air seemed to excite the viewers.

The next morning many of the hot rods went to Mid America Dragway to show that their vehicles had more than good looks, they had speed! Trial



Eric's truck being displayed during the car show.

times ended at 1 p.m. and the races began. There were street vehicles, nostalgic cars, and top fuelers involved in the races. With only three races remaining, the weather turned for the worse and the rain forced the drivers to postpone the final races until next year. Richard Dowler, Co-owner of Mid America Dragway, commented, "'Last Run' went great! For the most part the weather was very enjoyable and cooperative, and there were definitely a lot of super-nice cars."

Many Cowley students participated in the "Last Run" by attending the car show and/or drag races. Eric Sparks and Megan Goatley entered their vehicles in the car show. "The car show is one of the best parts of 'Last Run,' because it gives me a chance to show off my '76 Chevy shortbed," boasted Megan, a Freshman at Cowley.

See Page 11



Mid-America Dragway is a favorite spot for race fans. It is located west of Arkansas City.



This row of Corvettes was an attraction during the Run.

All in all, the weekend proved to be enjoyable and successful. Although the nostalgic cars brought back many memories for those who lived in the 50s and 60s, there were all age groups involved in the "Last Run." The 20-year anniversary will be remembered for a long time, and the next one will be something to look forward to.

“

This year's 'Last Run' was the first one I've ever been to. I thought it was really neat how all of the old cars would drag main so everyone could watch them. It made me feel like I was back in the sixties.

Elizabeth Knapp, Freshman

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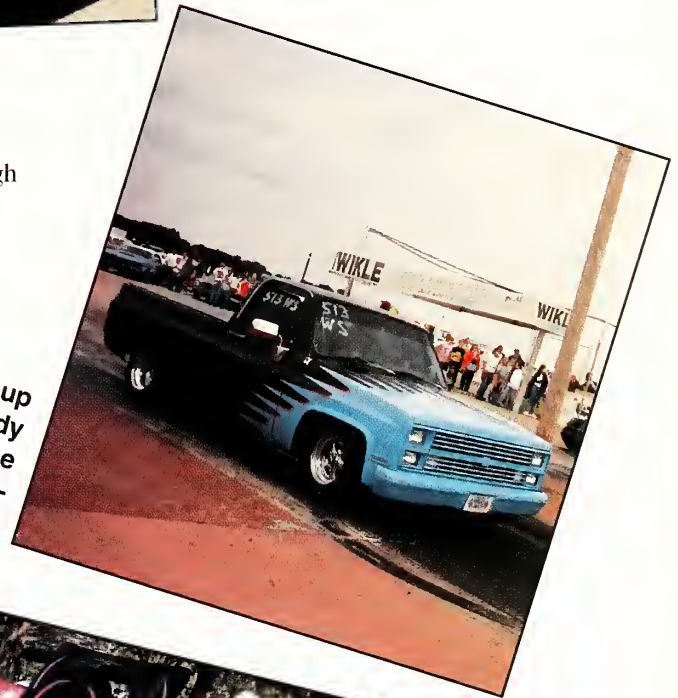
Photography
by
Jodi Hull

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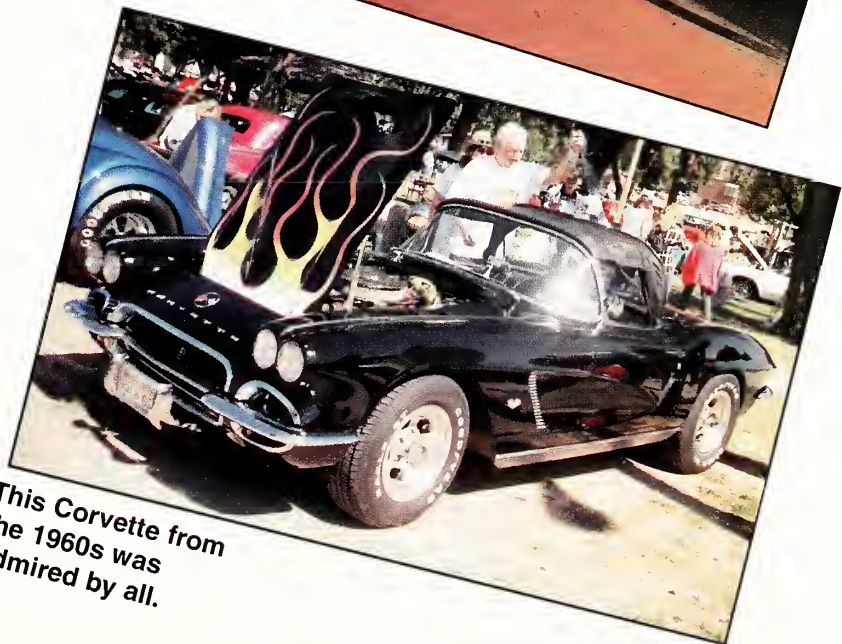
The drags were really neat. Watching all of the old cars pair up against each other was something to see. I'm definitely ready for next year.

Sami Smith, Freshman

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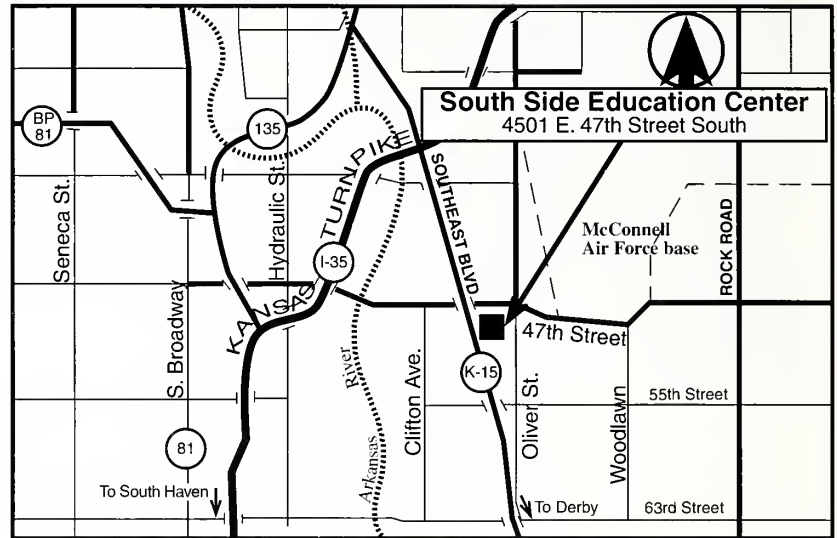
This souped-up pickup gets ready to roll down the strip at Mid-America Dragway.



This Corvette from the 1960s was admired by all.

Cowley brings classes to Wichita

In what is the first cooperative venture of its kind in Kansas, Cowley County Community College, Wichita State University, and Wichita Area Technical College have teamed up to serve southern Sedgwick County and northern Sumner County. The South Side Education Center opened for business during the 1995 fall semester.



The South Side Education Center, located at 4501 E. 47th St. South in Wichita, near the Boeing plant, will offer students a variety of courses from a variety of post-secondary schools.

Some of the courses offered during the 1995 fall semester are English, women's studies, psychology, minority studies, management and physical education, all by WSU; algebra, humanities, management and English by Cowley; and math, blueprint reading, defensive driving and computers by WATC.

Classes are offered from 8:30 a.m. to 10 p.m. weekdays; some also meet Saturdays. The three schools are exploring cooperative degree programs as well.

The South Side Education Center is located in a 23,000-square-foot facility that was formerly part of Boeing Military Aircraft Group's operations.

The building is a full-service center where students can be advised, enroll and pay fees. Current cost per credit hour at the South Side center is \$47 per hour.

Title IX:

Is it helping or hurting?

Tori Gann



For many athletes, sports are a major

part of their lives and can provide scholarships to attend college.

They have hopes of completing their college education through athletic scholarships. Imagine their hopes disappearing suddenly, with the only reason of budget cuts and the importance of other teams given.

This is becoming very common for both male and female athletes of today, but why?

The answer is that colleges and universities aren't following through on a federal law called Title IX.

Title IX, of the Educational Amendments, was passed in 1972. Its purpose was to prohibit sexual bias at institutions that are given federal aid.

How does this pertain to college athletes and the loss of scholarships?

"Title IX does not require an institution to provide any athletic opportunities to its students. It does require that the institution provide equal opportunities to both genders in any program it chooses to offer," Judge Raymond J. Pettine, who ruled in the first Title IX court case, said.

The 1995 court case *Cohen vs. Brown University* was the first case to fully explain the rights of Title IX and apply it to athletics. In 1992, nine female athletes filed a lawsuit against Brown for dropping women's volleyball.

"Title IX is helping everyone to work toward a common goal. It gives them the right to be equal and helps them succeed in athletics and academics."

Cowley Athletic Director

Tom Saia

ball and gymnastics.

The university had cut those two sports and men's golf and water polo, in an attempt to save money.

The April 1995 decision ruled that Brown University had shown discrimination to women by cutting their athletics and was ordered to reinstate all of the sports that had been cut.

This was a major decision for Title IX advocates.

"Title IX is helping everyone to work toward a common goal," CCCC Athletic Director Tom Saia said, "It gives them the right to be equal and helps them succeed in athletics and academics."

Saia also feels that Title IX will make the future even better for every male and female athlete.

"Looking at Title IX each year can make things better everywhere," Saia said, "It's great now, but it will be even better in five years."



For 23 years, the arguments about Title IX have been causing problems between coaches, teams, and players. While everyone was arguing, they lost sight of the importance of Title IX.

"I think Title IX is great," Saia said, "It is definitely a big and positive thing that will continue to better the whole athletic program."

However, some people feel that Title IX is not an important issue. Some argue that teams should be able to continue if they bring in large sums of money during their season.

Coaches, who's teams are affected, feel that Title IX is not solving the problem of discrimination, but causing more problems, especially for their teams.

"People who only think of their sport are selfish," Saia said, "Teams need to compete against other schools, and not each other."

If the arguments about Title IX aren't settled soon, they could take the fun and excitement out of athletics, then no one would be happy.

Title IX doesn't need to be turned into a battle of the sexes.

Everyone involved needs to do what's fair and look at the other person's point of view.

What if you were one of those girls who lost their scholarships to college or a coach that lost money for recruiting?

Let's solve the problems and conflicts and let the athletes do their job — which isn't worrying if their team will be cut or their scholarship taken away, but playing sports.



THE Top Ten Regional Schools

**Lora Heinitz
& Carrie Froelich**



The top ranked schools in the proximity of Arkansas City include both private and public schools.

The top 10 are the University of Kansas, Kansas State University, Emporia State University, Pittsburg State University, Fort Hays State University, Wichita State University, Southwestern College, Friends University, Kansas Newman, and Oklahoma State University. Information provided for each university is by U.S. News & World Report's book on America's Best Colleges—1995 College Guide.

KU is a public school in an urban area. The average ACT composite score is 23. KU offers bachelor's, master's, and doctorate degrees. The most popular majors at KU include communications (11 percent), business and management (11 percent), letters (10 percent), health sciences (10 percent), and social sciences (9 percent). [The percentage in parenthesis represents the number of students enrolled in that area.] Tuition is only \$1714 for in-state students and \$6994 for out-of-state students. For room and board students pay \$3384, however, 43 percent of the under grads receive some form of financial aid. KU is ranked 51 out of 227 national institutions for academic reputation and 17 for the lowest actual tuition price.

KSU is a public school in an urban area. The average ACT composite score is 23. K-State offers associate's, bachelor's, master's, and doctorate degrees. The most popular majors are business and management (19 percent), education (13 percent), engineering (10 percent), social sciences (9 percent), and agricultural sciences (6 percent). The tuition is \$1713 for in-state students and \$6995 for out-of-state students. Room and board at KSU is \$3120. Only 16 percent of the under grads at KSU receive financial aid. KSU is ranked 98 out of 227 national schools for academic reputation.

ESU is a public school in an urban area. The average ACT composite score is 20. The University offers bachelors, master's, and doctorate degrees. E.S.U.'s most popular majors include education (36 percent), business and management (28 percent), social sciences (8 percent), psychology (8 percent), and life sciences (4 percent). Emporia's tuition is \$1334 for in-state students and \$5006 for out-of-state students with room and board set at \$3145. ESU is ranked 43 out of 119 schools in the midwest for academic reputation.

PSU is a public school in a rural area. The average ACT

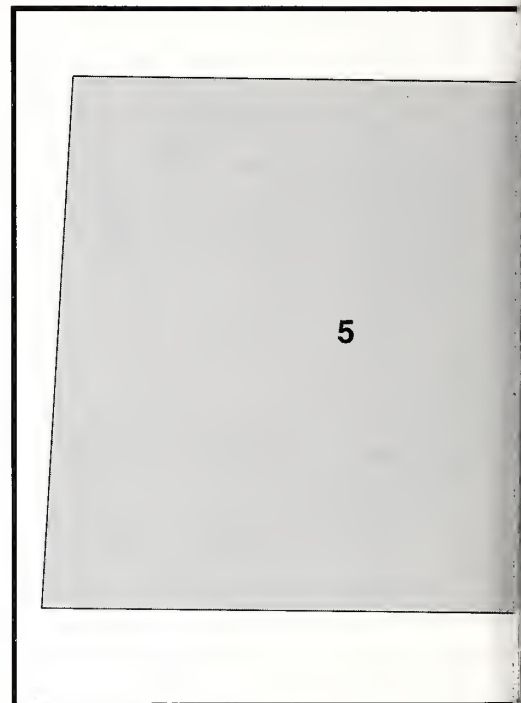
composite score is 20. The university offers associate's, bachelor's, and master's degrees. PSU's most popular majors include business and management (31 percent), education (15 percent), engineering technologies (12 percent), allied health (8 percent), and library and archival sciences (5 percent).

Tuition for Pittsburgh State is \$1778 for in-state students and \$5424 for out-of-state students. Room and board is \$3000. PSU is ranked 55 out of 119 schools in the midwest for academic reputation.

FHSU is a public school in a rural area. The average ACT composite score is 20. The university offers associate's, bachelor's, and master's degrees. FHSU's most popular majors include education (20 percent), business and management (16 percent), social sciences (9 percent), communication (8 percent), and allied health (6 percent). Tuition for Fort Hays State is \$1787 for students in state and \$5459 for out-of-state students. Room and board costs are \$2972. FHSU is ranked 71 out of 119 schools in the midwest for academic reputation.

Wichita State is a public school in an urban setting. The average ACT composite score is 21. WSU offers associate's, bachelor's, master's, and doctorate degrees. WSU's most popular majors are business and management (18 percent), education (14 percent), health sciences (11 percent), multi/interdisciplinary studies (9 percent), and engineering (9 percent). Tuition is \$1650 for in-state-students and \$6994 for out-of-state students. Room and board is \$3299. An average of 36% of under grad students receive financial aid. WSU is ranked 193 out 227 possible schools throughout the nation for academic reputation.

See Page 25



5

OSU is a public school in a rural area. The average ACT composite score is 23. OSU offers bachelor's, master's, and doctorate degrees. OSU's most popular majors are business and management (27 percent), education (14 percent), engineering (13 percent), home economics (9 percent), and agricultural sciences (8 percent). Tuition for in-state students is \$1882 and \$5328 for out-of-state students. Forty-three percent of under grads receive financial aid. Oklahoma State is ranked 136 out of 227 schools nationwide for academic reputation.

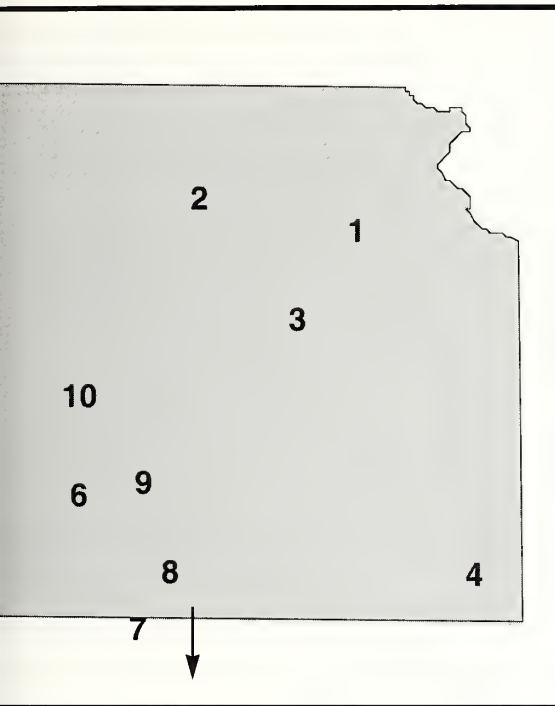
Southwestern is a private school with Methodist affiliation in a rural area. The average ACT composite score is 24. The degrees offered are only bachelor's and master's. The most popular majors are education (21 percent), health sciences (19 percent), business and management (17 percent), social sciences (11

percent), and life sciences (9 percent). Tuition is \$7200 and room and board is \$3130. Financial aid is received by 80 percent of the students. Of the 137 midwest liberal arts schools, SWC is ranked 65 for academic reputation.

Friends University is a private school with Quaker affiliation in an urban area. The average ACT composite score

is 18. The degrees offered are associate's, bachelor's, and master's. The three most popular majors are business and management (55 percent), education (19 percent), and psychology (11 percent). Tuition is \$8225 and room and board is \$2980. Friends is ranked 82 out of 119 schools in the midwest for academic reputation.

Kansas Newman is a private Catholic school in an urban area. The average ACT composite score is 21. The degrees offered are associate's and bachelor's. The most popular majors are allied health (27 percent), business and management (23 percent), education (21 percent), philosophy/religion/theology (6 percent), and social sciences (5 percent). Tuition is \$7710 with room and board set at \$3130. Kansas Newman is ranked 83 out of 137 midwest liberal arts colleges and universities for academic reputation.



Top Ten

1. University of Kansas
2. Kansas State University
3. Emporia State University
4. Pittsburg State University
5. Fort Hays State University
6. Wichita State University
7. Oklahoma State University
8. Southwestern College
9. Friends University
10. Kansas Newman

The fastest growing jobs and their salaries

Lora Heinitz

The occupation field is increasing and the more education that is obtained the more money that can be made.

In the managerial group the difference between one to three years of college and four or more years is almost \$10,000 a year in salary. The difference from high school to one to three years of college for the marketing and sales people is almost \$5000 a year in salary. (Information is from the Occupational Outlook Quarterly from the fall of 1991.) This information is based on 1987 annual earnings and one could assume that the salaries have increased to present day.

The fastest growing occupations projected between 1991 and 2005 range from retail salespeople to lawyers. The retail occupations will increase by an estimated 887,000. Registered nurses is the second-fastest with an increase of about 767,000. Janitors and other cleaners come in the middle of the list increasing by about 555,000 people.

In comparison, there were 64,128 associate degrees earned in the 1989-1990 school year and 58,816 bachelor degrees earned in the Health Sciences field according to the U.S. Department of Education. In the study of law only 4,547 associate degrees and 1,582 bachelor degrees were earned. The total amount of associate degrees earned in any field was 454,679 and 1,040,651 bachelor degrees were earned in 1989.

Therefore the importance of a college education is proven by the amount of money that can be made just completing four years of college rather than just three. The amount of opportunities that will be available in the future also supports the idea of finishing school.

SPUDS

It's a Cowley ritual every Thursday night throughout the semester. But is it such a good idea? Perhaps a better question is, what's wrong with it? Read on for a PULSE opinion.

Carrie Froelich

& Dane Janney



Every Thursday night, many Cowley students wind down from the week's classes by going to Newkirk, Oklahoma to dance the night away at Spuds, which in our opinion is a good source of entertainment.

We believe this because there is nothing like taking a break from a week's work than to go out and do something with your friends that you enjoy very much like dancing. That is why most people go, not to get drunk and look for trouble, which is what we think many people who condemn Spuds think. They don't consider that students can actually have fun without doing bad things. Don't get us wrong, bad things can and do happen, but they can happen anywhere—not just at Spuds.

We are also not saying that everyone goes to Spuds or should go. Now that we are college students we believe that we should be able to make our own decisions on what we want to do.

Spuds is necessary to students for a fun recreational activity,

and it is the closest dance club around this area. We need Spuds to become well rounded individuals. It is a place to gather and be sociable. Sure, there are parties, but who wants to be standing there when the party gets busted and risk getting themselves into trouble when they didn't do anything wrong.

For those of you who don't agree with us that's fine, "to each his own," but there might be some alternatives to going to Spuds on Thursday's. The college could open up the recreation building and have dances there or some other sort of entertainment for the students. There is free movie night, but that is just once a month and all that you do is sit there. Students need to be active.

Whether you think Spuds is a good source of entertainment or not, each person has his or her right to do what they want. After all, we are paying for this schooling, and if we choose to sleep in after a rough night at Spuds we are just hurting ourselves. We all can make our own choices.

Is it a Good Source of Entertainment?

We asked some Cowley students . . .

"Yes. Spuds gives everybody something to do."

*Tori Gann, Freshman
Secondary Education major*

"No. I think it's stupid."

*Jared Wilson, Freshman
Undecided major*

"Yes. I like to go to Spuds much better than sitting here at the dorms doing other things."

*Holly Reed, Freshman
Psychology major*

"No. Spuds encourages college students to act like the children that they no longer are."

*Cheryl Pack, Sophomore
Pre-Vet major*

My How I was forced to deal with death story

Lora Heinitz

Dealing with death became very real for me this, my first, semester at Cowley. I have had important people in my life die before, but most of them

died before I was old enough to understand what death really meant. Both sets of my grandparents, as well as my older brother died before I was eight. I do not remember my exact reaction to the death of these relatives, but I will never forget the most recent.

My sister, Mary, and I were getting ready to go to the grocery store. (I am living with Mary and her family while I go to school at Cowley.) However, before we could go we had to find her two little girls who were out riding their bikes. We decided the first place to look would be the park at the corner of fifth and Poplar. As I turned off fourth Street on to Poplar, we saw Robin and Kristina, Mary's two daughters, riding their bikes in the street. We sent Robin home and were getting ready to tell Kris when a car hit her bicycle and sent both flying through the air.

I clearly remember my reaction as being "This is a terrible nightmare and I'm going to wake up soon." I couldn't get out of the car. I was stuck there thinking how this wasn't really happening, but when I did get out of the car I ran to see how Kris was and yelled at the lady to call 911. All I could think of to say was that everything would be all right.

My sister looked up at me and said, "No it won't. Look at her, just look at her." And she was right it wouldn't be all right.

The ambulance arrived and took Kris to the hospital. When Kris got to the hospital, they called her condition Code Blue, but after about an hour they pronounced her dead. When the nurse came in the family room to tell us, I immediately fell into a chair and started crying. After a short time, I went to the nurses station

to call a few people who I needed to, like my mom and dad. This forced me to calm down quickly.

Since I saw the accident I have had to deal with more than some who have lost a loved one. I have had nightmares where I see everything happen again, but I have also learned several things that helped me in this situation and that could possibly help someone else. Some of these I learned from others and some I learned myself. My parents told me not to play the "What If"

game with myself. I had told them about what I asked myself many times since the accident. "What if I had pulled my car out so that I hit the car instead of the car hitting Kris?" They calmly explained that there was actually nothing I could have done and that I can't go back and change anything so I should accept (as best I could) what happened. Mary told me that I can't blame myself for what happened, just like she couldn't blame herself. Two of the things I discovered on my own are that talking to others about what happened helps a lot and if someone offers to help in anyway, accept the help.

Since Kris was killed in an accident, there is one more thing I have been able to do. I am working with some of the people in the fourth and fifth Street neighborhoods to do something with the corner where Kris was killed. We may change the speed limit and/or put up stop signs. This has helped me by making me think that we will be able to hopefully keep something like this from happening to another little kid.

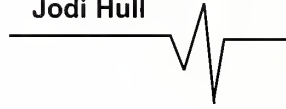
The loss of someone you love is very difficult and takes a long time to deal with, but some of these ideas may help make the process a little easier. Another thing to remember is that you're not the only one who lost someone, everyone in your family did so talk to them about what you are feeling because they may feel the same..



Kris, middle, was close to her aunt Lora, right.

Cowley students speak out on Smoking

Jodi Hull



"Smoking by pregnant women may result in fetal injury, premature birth, and low birth rate."

This is one of the many Surgeon General Warnings. Smoking has been a mild controversial issue for many years. President Clinton has recently addressed the issue of advertising, such as "Smokin' Joe Camel," affecting the young age group of smokers.

When I asked some Cowley students about all of this, I received several different replies. Following is a capsule look at some of the responses.

"I don't smoke, but I don't think any less of a person that does. It's their own choice. I think that kids my age start smoking because it's something new to try or do; but they continue to do so because of Nicotine addiction. As for the advertising, I don't think it has anything to do with why people smoke. If they want to do it, they're going to; not because of a poster or commercial, though."

Steph Adams, Sophomore

"Stupid! That's what I think of smokers. I don't smoke and I never want to. Personally, I think the reason people

smoke is because they can't find anything else to do with their lips and fingers. I also believe that "Smokin' Joe" has a lot to do with kids smoking; he's made out to look cool, so kids think they're cool if they smoke. How stupid!"

Damen Ramsey, Freshman

"I don't care if people don't like it if I smoke. I'm my own person and I'll do whatever I want. If someone doesn't want to hang around with me because I smoke, so what! I don't need them anyway. I smoke because I have to; I guess you could say I'm addicted to the Nicotine. I don't think that the cigarette advertisements have anything to do with why people smoke, it didn't with me, anyway."

Jesse Mort, Freshman

Smoking is a rising issue among Americans. In a survey of 50 people, I found that approximately three out of every five Cowley students at least smoke occasionally. So, is "Smokin' Joe" to blame for the intake of Nicotine due to cigarettes? Personally, I don't think so, what do you think?



PARENTAL ADVISORY EXPLICIT LYRICS

What is censorship? There are as many views about the subject as there are people. To college students it means the opportunity to learn and grow is lost. Whatever the definition, censorship can not and should not be tolerated.

Dane Janney



H

ave you ever wanted to do something so badly, but it seems like everyone is treating you like a child, even though you are now an adult and can make your own decisions? That's what is called censorship.

There is no place for censorship in college, or anywhere, for that matter. For example, when "Natural Born Killers" was pulled last year at free movie night, it was ridiculous. It was censorship. We can't always have someone looking over our shoulders, that is why we go off to college, to make a transaction into the real world. For some odd reason, I thought that we got to make our own decisions, but it seems like someone thinks we're not old enough. If we have to be told what we can or can't watch or listen to, we might as well just have our parents around and act like we are 5 years old again.

For those people who think we're too immature to watch or listen to what we want, the trick might be to not act like it is such a big deal and maybe you won't receive a negative response. For example "gangsta rap." Now I like gangsta rap, but some people don't, which is fine, but don't try to ban it by saying it influences people in a bad way, because I think I would have to be pretty stupid to go out and kill somebody just because of a song. Sure, some people don't think it's the best music in the world, but just think maybe the person you are condemning might not like your music, either.

I know the people at the college are just trying to look out for their students, but this is a major transaction in our lives. Maybe the help they're trying to give is not actually helping us at all.

Putting it all Together



Tori Gann

Before the season started, head volleyball coach Deb Nittler had three expectations for her team. Finishing as one of the top four teams in conference play to advance to regional play, playing well as a team, and having all her athletes improve were very important components for Nittler this season.

She hoped to combine all of these and Before the season started, head volleyball coach Deb Nittler had three expectations for her team. Finishing as one of the top four teams in conference play to advance to regional play, playing well as a team, and having all her athletes improve were very important components for Nittler this season.

She hoped to combine all of these and put together a successful season.

Most people would think her expectations were crazy, because the Tiger Volleyball team returned only four players from last years squad and added nine freshmen.

The Lady Tigers lack of depth and experience caused many to wonder about Nittler's expectations and having

her team put together a winning season. But, the team proved everyone wrong.

Cowley played through a rough preseason by facing two nationally ranked teams in Barton and Seward counties.

The Lady Tigers also found tough competition in their conference, but came together as a team and played some of their best games.

"Our best match of the season was probably the second game against Fort Scott," she said, "We lost the first game, but came back to win the second game 15-13. It was a very Roller Coaster Match."

Together they finished off the season with an overall record of 24 and 31, and 11 and 5 in conference play.

"By placing as one of the top four teams out of our conference, we won the right to compete for the Region IV Title," Nittler said, "Overall, we played well as a team, but when it got tough, we didn't play as well."

When their season ended, the squad knew that they had accomplished a great deal and had overcome many obstacles.

Nittler felt that her team pulled together and



PHOTO COURTESY FRED RINDT

Cowley's Twila Guhr makes a save near the baseline. The Lady Tigers earned a berth in the Region VI Tournament this season.

See Page 31

gave a lot of effort to overcome the obstacles of depth and experience.

Nittler said that there never was just one team leader, but that each player did different things on different days to help the team.

"Elaine Fleetwood has been our mainstay, but all of the other girls have done certain things to help the team," Nittler said, "They have all been putting it together and giving it a well rounded effort."

Four team members were selected to the Jayhawk East All-Conference Team. Freshman Heidi Henning was selected to the first team all-conference. Erica Gipson and Stacy Winegarner were named to the second team. Honorable Mention was given to Sophomore Karrie O'Keefe.

The Tigers will graduate four players from this year's squad, but return nine freshmen to give next year's team depth.

With the core of her team returning, Nittler has set higher expectations for next years squad.

"With that many returning freshmen for next year, my expectations are high," she said, "I want the Conference Championship!"

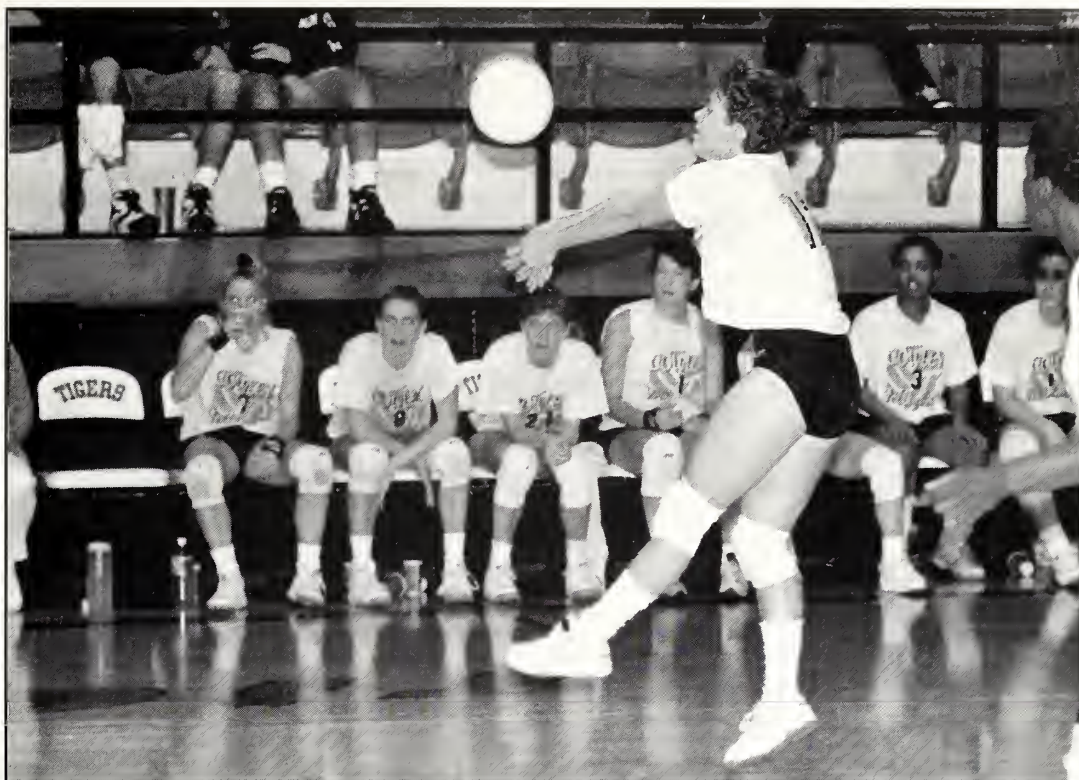


PHOTO COURTESY FRED RINDT

Twila Guhr digs the ball as Eric Gipson prepares for the attack.

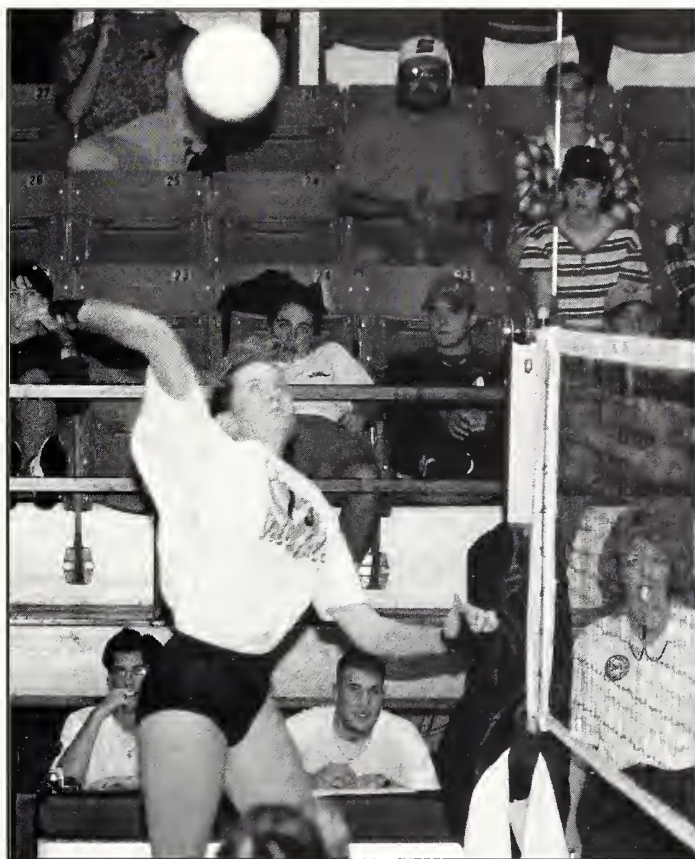


PHOTO COURTESY FRED RINDT

Cowley Coach Deb Nittler has her sights set on winning the Jayhawk Conference East Division next year as several freshmen return.



**Merry Christmas and a Happy New Year
from the entire staff of the
PULSE Magazine**

Cowley County Community College

& ARTS

Inside:

Stuff U

Just

Gotta

Know!

Education
for Life!

Choosing a college is one of the most difficult decisions you'll ever make. Your experiences will have lasting effects: The relationships you make, the knowledge you gain, and the self-confidence you acquire will all impact you for the rest of your life.

Thank you for taking this quick tour of Cowley County Community College & Area Vocational-Technical School. We're sure you'll enjoy it. And remember, if you have additional questions about Cowley, please call us at

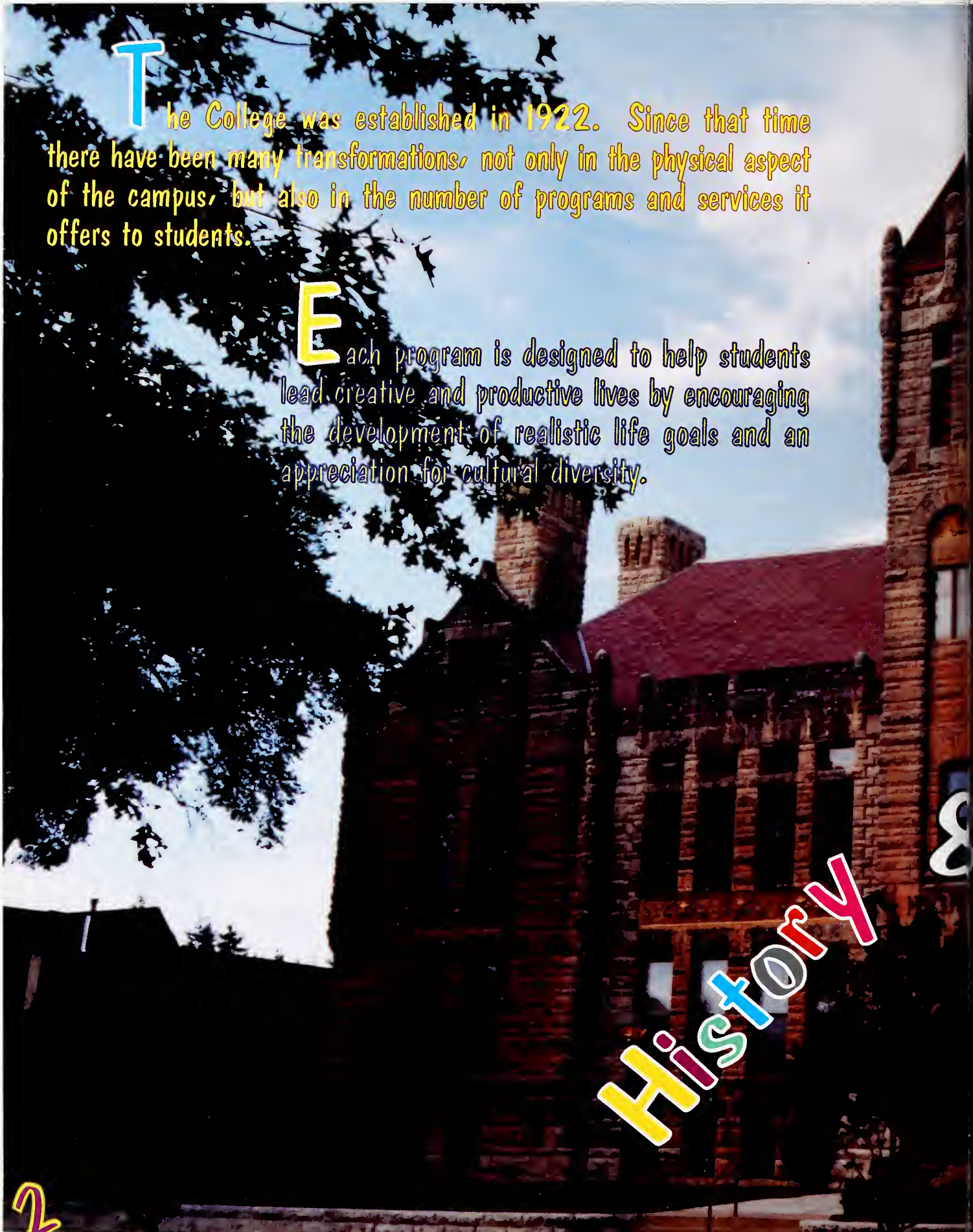
1-800-593-2222.



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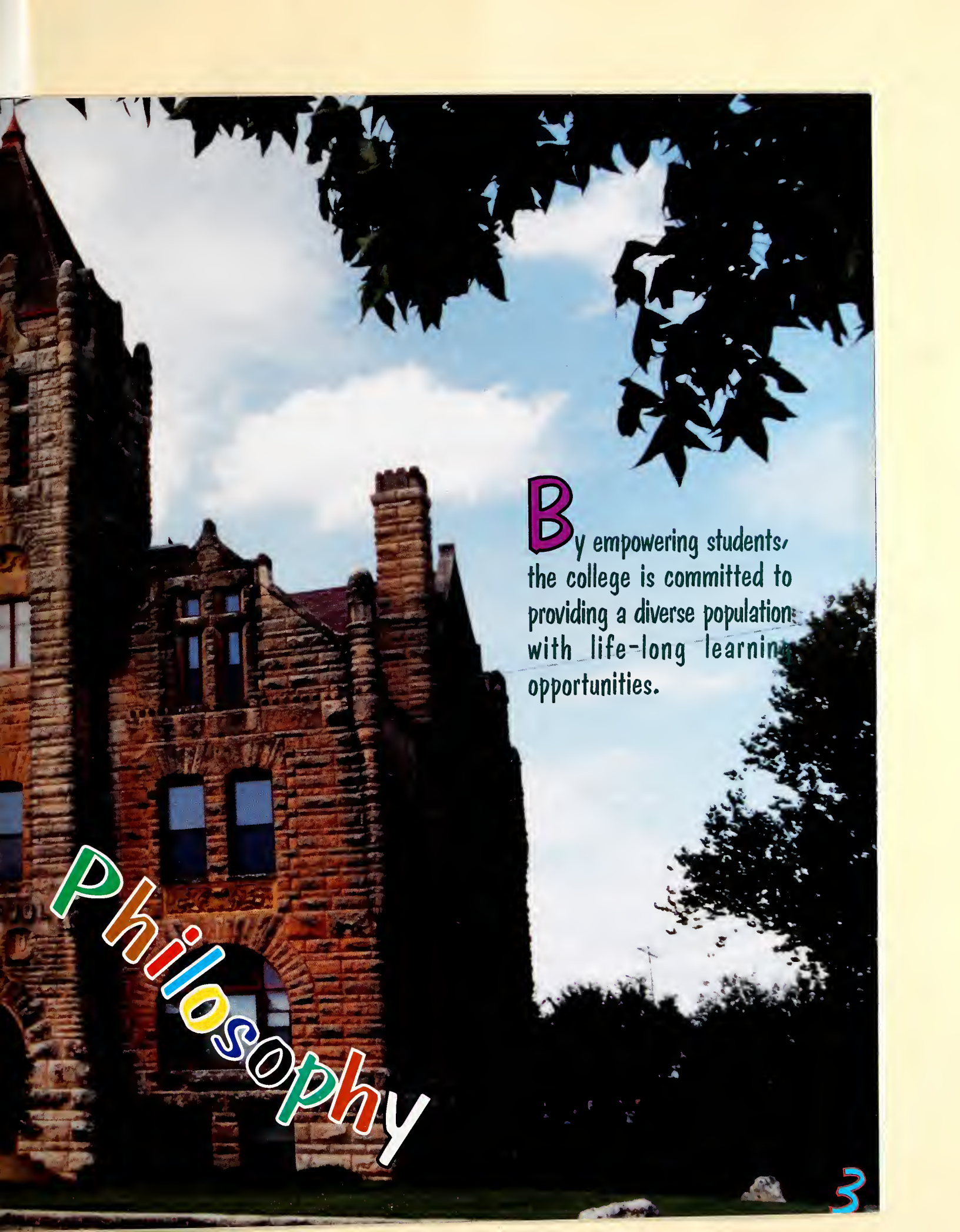
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The College was established in 1922. Since that time there have been many transformations, not only in the physical aspect of the campus, but also in the number of programs and services it offers to students.

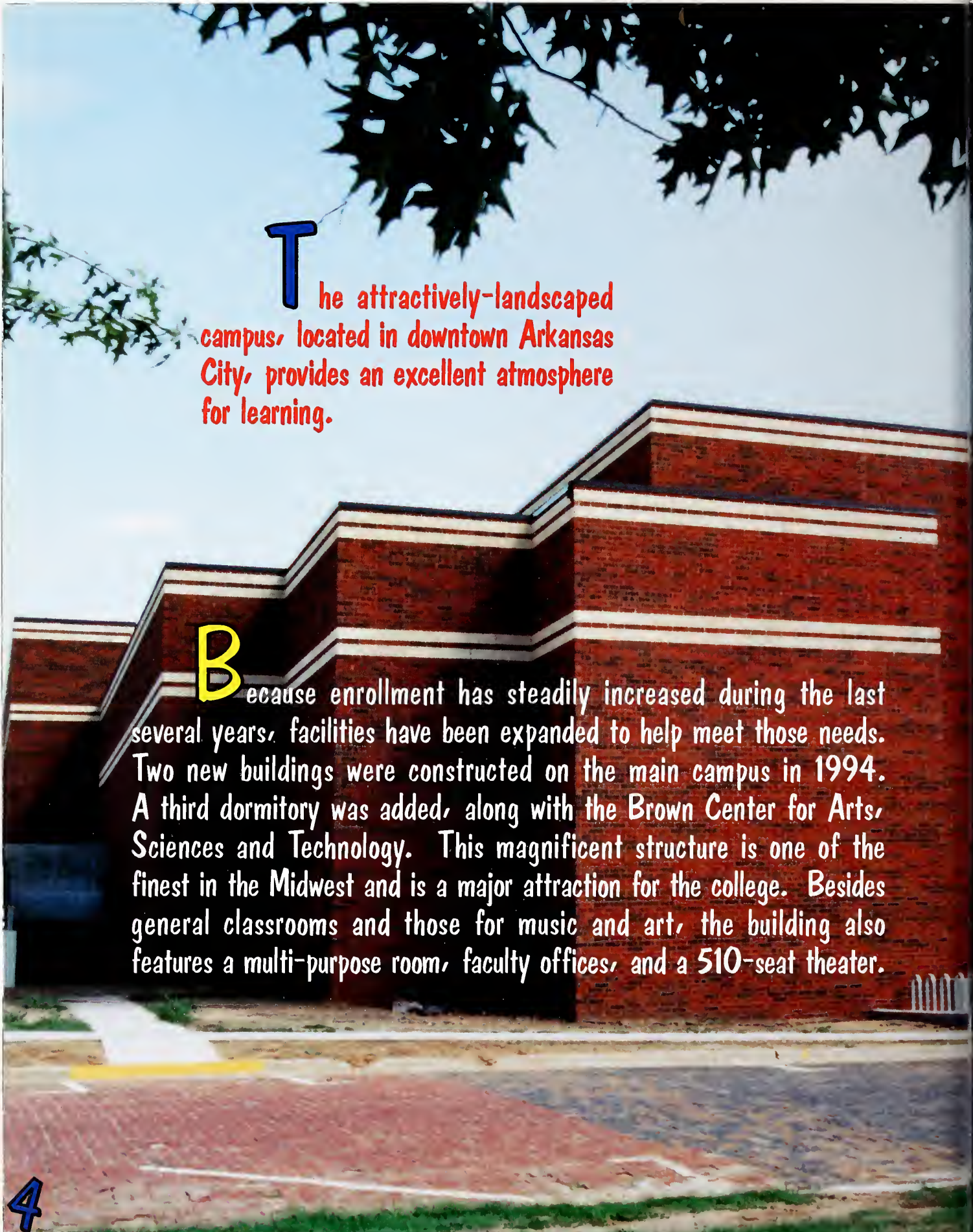
Each program is designed to help students lead creative and productive lives by encouraging the development of realistic life goals and an appreciation for cultural diversity.

History



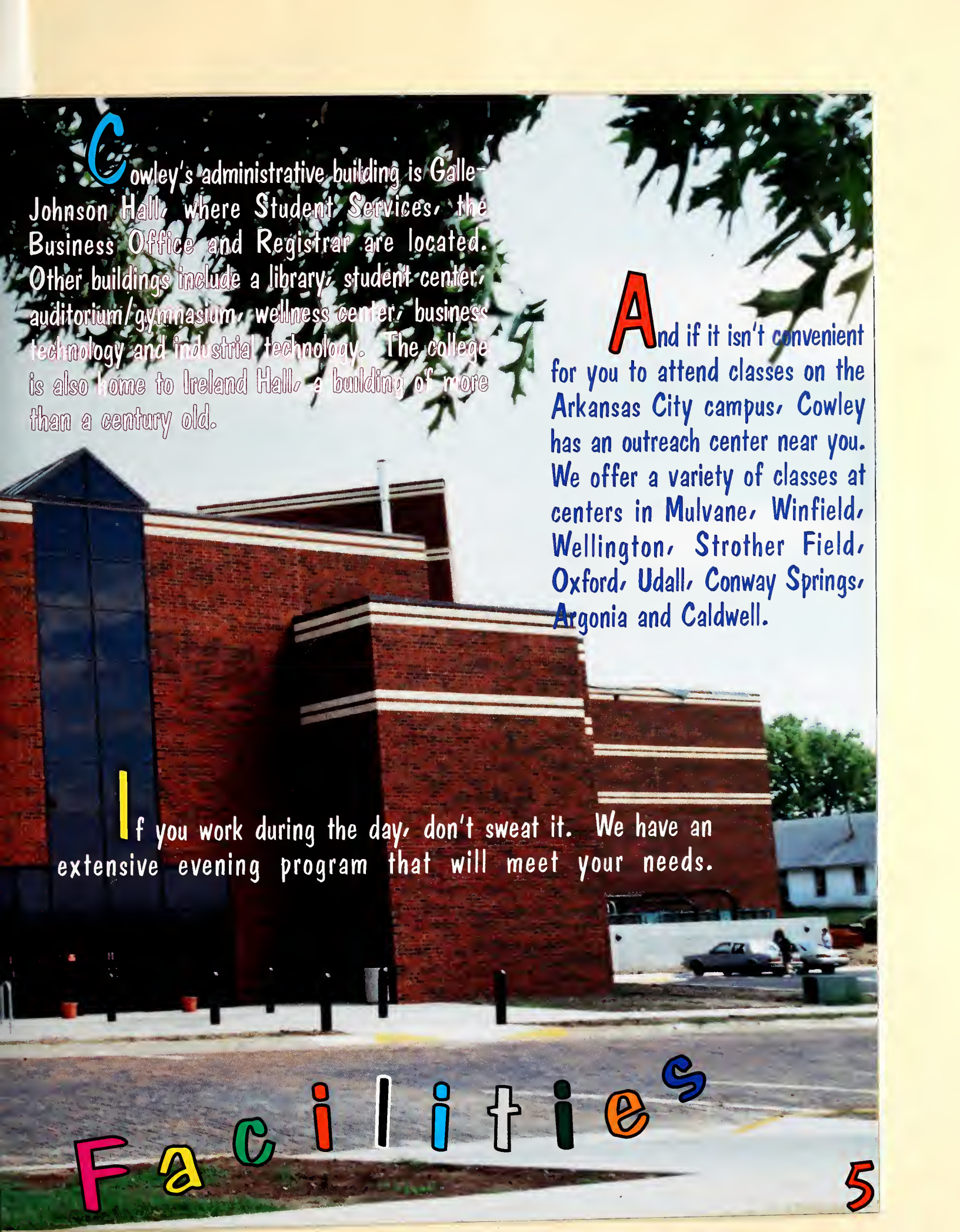
By empowering students,
the college is committed to
providing a diverse population
with life-long learning
opportunities.

Philosophy



The attractively-landscaped campus, located in downtown Arkansas City, provides an excellent atmosphere for learning.

Because enrollment has steadily increased during the last several years, facilities have been expanded to help meet those needs. Two new buildings were constructed on the main campus in 1994. A third dormitory was added, along with the Brown Center for Arts, Sciences and Technology. This magnificent structure is one of the finest in the Midwest and is a major attraction for the college. Besides general classrooms and those for music and art, the building also features a multi-purpose room, faculty offices, and a 510-seat theater.



Cowley's administrative building is Galle-Johnson Hall, where Student Services, the Business Office and Registrar are located. Other buildings include a library, student center, auditorium/gymnasium, wellness center, business technology and industrial technology. The college is also home to Ireland Hall, a building of more than a century old.

And if it isn't convenient for you to attend classes on the Arkansas City campus, Cowley has an outreach center near you. We offer a variety of classes at centers in Mulvane, Winfield, Wellington, Strother Field, Oxford, Udall, Conway Springs, Argonia and Caldwell.

If you work during the day, don't sweat it. We have an extensive evening program that will meet your needs.

Facilities

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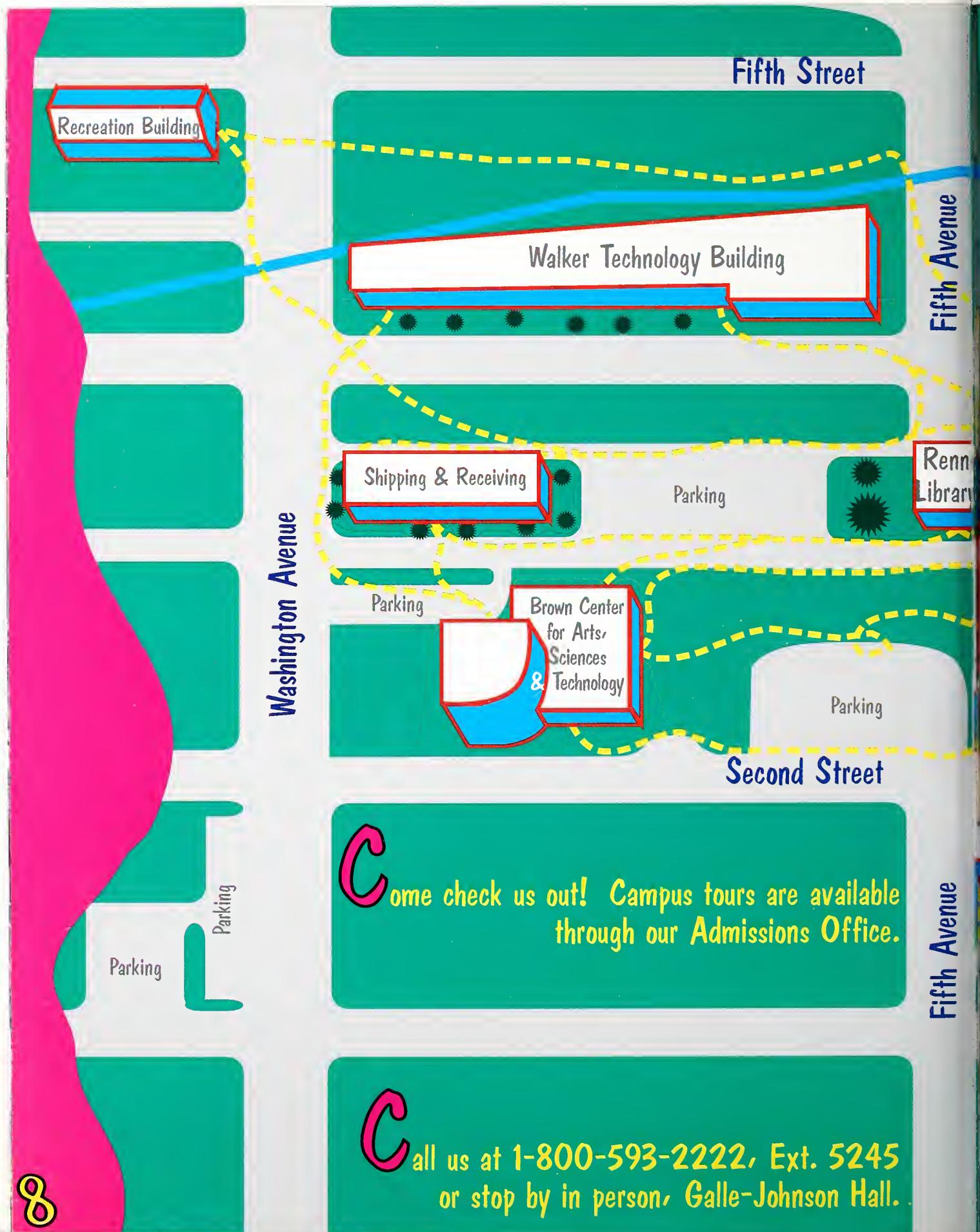
hile receiving a quality education at Cowley, you have the opportunity to work with an advisor who will assist you in determining what courses transfer to the four-year college or university of your choice. The college has transfer agreements with the seven Board of Regents schools in Kansas, plus other public and private institutions.

Metano
Ammonia
Hydrogen

General Education

At Cowley, we believe learning is doing. That's why we offer such a wide variety of technical programs. Choose from Automotive, Drafting, Machine Tool, Nondestructive Testing, Cosmetology, Office Technology, Police Science, Environmental Maintenance, Agricultural Production, Airframe/Powerplant, Welding, Child Care,

Hands-on Training



Recreation Building

Fifth Street

Walker Technology Building

Fifth Avenue

Shipping & Receiving

Parking

Renn Library

Washington Avenue

Parking

Brown Center
for Arts,
Sciences
& Technology

Parking

Second Street

Parking

Parking

Come check us out! Campus tours are available through our Admissions Office.

Fifth Avenue

Call us at 1-800-593-2222, Ext. 5245 or stop by in person, Galle-Johnson Hall.

Campus Map



A big part of college life is getting involved in one of more than 20 clubs and organizations on campus. Keeping up with your studies is important, but we believe you'll get more out of your Cowley experience by becoming a member of an organization that fits your interest.





Cowley also offers a wide range of activities if the club scene isn't your thing. We offer a full line of intramural activities as well as drama productions, student publications, service learning, cheerleading and much, much more. There's a lip-sinc contest in September, the Arkalalah fall festival in October, and a Mr. CinderFella contest in April, all of which offer something for you. We're confident there's an organization or activity that's just right for you.

New students get acquainted from day one by participating in orientation in August. It's a great way to make new friends, build relationships with faculty and staff, and make the transition from high school much easier.



s & Organizations


Your Cowley experience wouldn't be complete without intercollegiate athletics. Cowley's seven teams compete consistently for conference, region and national titles. During the 1993-94 academic year, the women's basketball team set a school record with 25 victories; the softball team set a record with 38 wins; and both the men's and women's tennis teams had Top-10 national finishes. The men second and the women sixth. The Dance Line and Spirit Squad also are recognized nationally.





Athletics

Dorm Life

A photograph of a young man in a white tank top and a yellow and black baseball cap, seen from the side, hanging a striped shirt on a hanger in a dormitory closet. The closet is filled with various clothes hanging on hangers.

With the completion of the Fifth Avenue dormitory, Cowley offers on-campus housing for 258 students. You'll share your dorm room with another student and bathroom facilities with two other suite mates. Two beds, desks, chairs and wardrobes are provided in each room. Three meal plans are available for dining in the campus cafeteria.

When you enroll at Cowley, we don't forget about you. We're concerned that everything is just right. That's why our Student Services area offers assistance in financial aid, learning skills, career exploration and assessment.

Attending college is expensive, so we're here to help you enroll in classes that are appropriate for you. At Cowley, your money goes a long way.



Student Services



Wanna Know More?

Any questions?

We can answer them. Just give us a call at 1-800-593-2222 and ask for Student Services. We can provide additional information that will assist you toward your educational experience at Cowley.

If a telephone call is inconvenient, stop by the campus at 125 South Second Street in Arkansas City, or your nearest outreach center.

Find out for yourself what we're so excited about!
You'll be glad you chose Cowley.

It's Education For Life!

Photography by Fred Rindt

Produced by the Office of
Public Information, Stu Osterthun & Rex Soule

1-800-593-2222 <316> 442-0430



Cowley County Community College & Area Vocational-Technical School 125 S. Second Arkansas City, Kansas 67001



The Pulse

RFK Jr.

Visits Campus

Seeing Double

College Sex

Faces in the Crowd

Bowley County Community College & AVTS

Spring 1996

The PULSE is...



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PULSE Magazine, 125 S. Second St., Arkansas City, Kansas 67005.

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Music Man



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Suckin'



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College Sex:

Still Unsafe After All These Years



By
Carrie Froelich

ow that I have your attention.... How romantic is it when a sexual encounter climaxes in a case of genital warts, an unwanted pregnancy or an HIV infection? Yet a recent Kinsey Institute survey shows that college students' sexual practices still put them at risk. I found the results of this study to be rather shocking.

With all of the sex education in the world today one would think that by college we would be smarter and safer. The study proved that we need much better sex education, and fast. Considering that we are in the middle of a national AIDS epidemic what are we as students doing to keep our HIV rates low? The study confirms that it does not work just to tell people what you want them not to do. If we want to prevent more STD's and unwanted pregnancies, we obviously have to rethink our attitudes toward sex education.

Almost 80 percent of the approximately 600 Midwestern university students described themselves as "moderate" or "conservative" rather than "liberal." The majority were Christians from small- or medium-size towns. Not, in other words, your image of people who typically engage in risky sex. Nevertheless, of the heterosexuals:

- Eighty percent of the men and 73 percent of the women had had sexual intercourse. And of these.....
- On average, the men had slept with eight different partners and the women six--in the fewer than four years they had been sexually active.
- More than 17 percent had tried oral sex.
- Sixty-two percent had not used a condom the last time they had intercourse.

Risky Women

- Nearly one third of the sexually active women had caught an STD.
- Additionally, nearly two out of three women reported having had the type of urinary-tract or vaginal infection that can be transmitted sexually.
- Nearly one out of seven of the women had gotten pregnant. And 89 percent of those who did had an abortion.

One-Night Stands

- Two thirds of the sexually active men and more than half of the women had had at least one one-night stand.
- The men averaged five one-night stands, women between three and four.
- One-night stands and sex with strangers are risky: Men who had one-night stands were seven times more likely to have had an STD than men who reported no one-night stands. Women who had sex with a man they had just met had a three times greater rate of STDs than those who had never done so.

Though class, religion and political convictions did not predict a student's behavior, what did was the kind of relationship a student was in. The differences were particularly striking for men. Compared with men in exclusive relationships, men who were seeing more than one woman at a time tended to be more careless in *all* their relationships. The study also showed that even those who use condoms tend to use them in less effective ways, such as putting them on too late or using them with petroleum products that may weaken latex.

Compared with a man committed to his partner, the gadabout guy was:

- More likely at some point in life to have cheated on a woman who thought her relationship to him was exclusive.
- More likely to sleep with someone he just met or to have a one-night stand.
- More likely to have had an STD.
- Least likely to protect against STDs by using a condom or a spermicide containing nonoxynol-9.



How Do Cowley Students Compare?

I asked Brenda Blaufuss, Cowley Health Nurse, if she had any figures on Cowley sex to see how we compared to the national statistics. She said, "In my opinion 80 percent of Cowley students are sexually active. Most are already sexually active before coming to campus."

She has tried to promote safe sex by giving out condoms to the students who come into her office and ask for them.

"I figure that only about 8 percent of the college population come in for condoms. Of those students, about six out of ten are females." As far as diseases on campus, she did not have the statistics because students with STDs are sent to the Cowley County Health Department. She did state, however, that it is likely that there are Cowley students that are HIV positive.

We thought that it might be of interest to you to see just how sexually active Cowley students were, so we surveyed 100 students (full time and part time) about personal things from birth control to oral sex. The ages

ranged from 18-31. For your convenience I have separated the figures into class and gender. I would also like to point out that only 11 percent of the respondents were married. I already knew that most Cowley students were having sex, but from the results I have made some conclusions. About half of the students did not use a condom the last time they had sex, which is very scary. Learning this, I was not so surprised of how many students had been treated for an STD.

After compiling the results of the survey, I began to wonder just how much the student's G.P.A. would matter on deciding to wait until marriage to have sex. Also, if they were sexually active, if the more intelligent group was more likely to use a condom. I decided to make another chart. The results showed that it is true. The more book intelligent the student was, the smarter they were when it came to sexual decisions.

	Freshman Women	Freshman Men	Sophomore Women	Sophomore Men
Has had Sexual Intercourse	80%	63%	84%	91%
Is Sexually Active	75%	63%	66%	86%
Did Not Use A Condom the last time had sex	50%	38%	50%	45%
Tried Oral Sex	80%	39%	78%	77%
Has been treated for an STD	4%	3%	3%	2%
Has had a one-night-stand	40%	25%	44%	59%
Has cheated on a mate	30%	25%	22%	14%

	2.5 - 3.0 GPA	3.1 - 3.5 GPA	3.6 - 4.0 GPA
Has had Sexual Intercourse	90%	85%	79%
Is Sexually Active	75%	68%	66%
Did Not Use a condom the last time had sex	50%	44%	50%
Has had a one-night-stand	60%	47%	36%
Has cheated on a mate	30%	26%	14%



College Drinking: Is it a Big Deal?



By
Dane Janney

ill and John are two college students. Just like everyone else, they like to have a good time.

And of course, in today's society, it seems like if you ask anyone what they are going to do for fun, alcohol comes into the picture quite often.

With all of the clubs and parties, college drinking is a big problem to some people, but to others (mainly the college students), it isn't such a big deal.

Personally I don't think college drinking is a big deal, just as long as you use your head and don't do anything that could

harm other people or even yourself. I have always heard the old saying, "if you're old enough to die for your country, then you should be

able to determine if you want to drink." I think that is totally true.

I have never encountered any one who has been able to give me a good excuse on why most college students can't drink, if they say it harms your body, well so does smoking, or chewing, but we are old enough to determine if we want to do that.

Then you have the students who are old enough to drink and can't because of dorm rules, which I think for the most part are stupid, I understand that there must be rules to abide by, but we are paying out a lot of money so the people that are old enough should be able to have a beer in their place of residence if they choose to.

In conclusion I think it is a problem, if that is the word you want to use, that is not going to be able to be solved, and for those of you who think it is not going on, GET A CLUE, and then maybe figure out a way to compromise the situation.

UNDERNEATH THE FLESH

COWLEY RACIAL ISSUES



By
**Carrie Froelich
and Dane Janney**

Some definitions of the word *black* in the Webster's dictionary include: soiled; dirty; evil; wicked; harmful; disgraceful; dismal; gloomy; and disastrous. Some definitions of the word *white* include morally or spiritually pure; innocent; free from evil intent; happy; fortunate; and auspicious. Is it any wonder why there is so much prejudice in the world? Everyone is conditioned to see black as bad and white as good. Cowley's campus is comprised of students from many different races

and various communities across the world. Because people in small towns tend to be more racist and Cowley has many students from small surrounding towns, it is surprising that we do not have more of a racial problem than we do, but it all matters on one's upbringing. If people are raised to accept the differences in everyone then they will take that understanding with them for life. Most students from Caucasian, rural areas are not consciously prejudiced. But they have had little experience interacting with people different from themselves. They may be less prepared to judge individuals as individuals, whatever their background might be.

People are learning to look past a person's skin color. They are beginning to realize that we are all the same underneath the flesh. Many Cowley students showed up for the Martin Luther King Day celebration. This was a great step in races getting together for a common goal. If we are going to be a united campus and society, we need to do away with color-separated groups and work together.

Last year was the forty year anniversary of Rosa Parks being arrested for refusing to move to the back of a bus in Montgomery, Alabama. In those days there were two drinking fountains in the stores. One said "Colored," and one said "White." The water was the same. There was not any white water, and there was not any colored water. But colored people could not drink from the white fountain. Although we are not in the segregation era any longer, we still have a long way to go. You still see some of that tension between people. In the lunchroom, you have your black students who sit at one table and your whites at another. It also seems that the foreign exchange students hang out together. Can we ever really solve the problem of prejudice? We students are the future. The problem is out there for us to solve.



Spring 1996 Cowley Students

Caucasian 91.5%

Black 3%

Hispanic 2.5%

Native American 1.7%

Asian 1%

Non Resident Aliens 0.3 %

Percentages are based on total enrollment
(3077) of off campus, on campus,
full time and part time students.

Source-Forest Smith, Registrar.

It's All About Fashion

What do Cowley students wear these days as the 20th century winds down? An unscientific survey found that our students aren't much different from any other school.



By
Carrie Froelich
and Dana Sims

he word fashion is world wide. Fashion means the way something looks, or the way someone dresses. It takes at least five years for fashion to come from both coasts to get to Kansas. It also takes a while for it to get from larger cities like Topeka, Kansas to little towns like Udall, Kansas. But it also depends on how close the

small town is to the larger city, and by the time its gets to small towns there is a new fashion starting in the larger cities.

Arkansas City has an advantage because it is not a little town or a large city and also because it has a college. Having a college is a big advantage because you have people coming from different

parts of different states, from large cities, middle sized cities, and small towns. The way people dress is the way other people judge them. But when you are in a college town or a large city no body cares about the way you dress.

When people come from small towns they think that the people from larger cities are different, but smaller town people get the hang of the change in the dressing fashion that they start dressing in fashion like everyone else.

"There is a big change in the way people dress here ar Cowley, then from what I am used to at my home town," exclaimed freshman Matt Cannady from Udall.

The fashion at Cowley is more laid back with wearing sweatshirts, sweat pants, sandals, hair just pulled back, and wearing those hats. When people were

in high school they cared what they looked like more than they do know that they are at college. Because they people of the surrounding judged you by the way you looked.

"I think that the fashion is about the same because there's a larger amount of people and the fashions are varied."

—Holly Reed
Topeka freshman

Ten pieces of clothing every Cowley student should have!

1. Hats
2. Sweats
3. Sandals
4. Joe Boxers
5. Cowley sweatshirt
6. T-Shirts
7. Cut-offs
8. Jeans with holes
9. Flannel shirts
10. Clean socks
and underwear

City VS. RURAL



By
**Carrie Froelich
and Dana Sims**

he transition for freshmen from high school to college is tough for any student. It is an even harder adjustment when the city and school you are from is very different in size than the one you are starting.

There are some changes that one needs to make in order to adjust to the new environment. Most Cowley students come from the surrounding counties of small towns and small schools. These students are adjusting to "big city" life. One such student is Becky Rickman, freshman from the small town of Sedan and

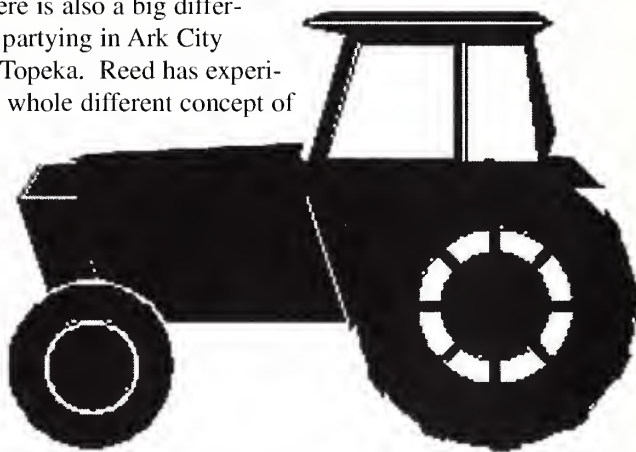
graduated from Sedan High in a class of 22. There are also students that come from larger cities and schools. These students are getting used to the "small town" life. Holly Reed, freshman psychology major from Topeka, graduated from Topeka High in a class of 396 is getting used to Cowley's small town life.

We decided to find out just how hard the adjustments are by focusing on these two different Cowley students that come from two entirely different ways of life. Both have had to adjust to Arkansas City and realize that Cowley is nothing like home.

Diverse student population struggles with cultural differences.

Reed explained some changes that she likes about Arkansas City. "When you walk down the street and look at someone they almost always smile and say hi. In Topeka we didn't even look at people's faces, we just looked at the ground. People are a lot easier to get to know, and I feel much more comfortable around them. They are just generally nicer people. It's also nice to be able to walk around late at night without being scared of someone mugging me or something."

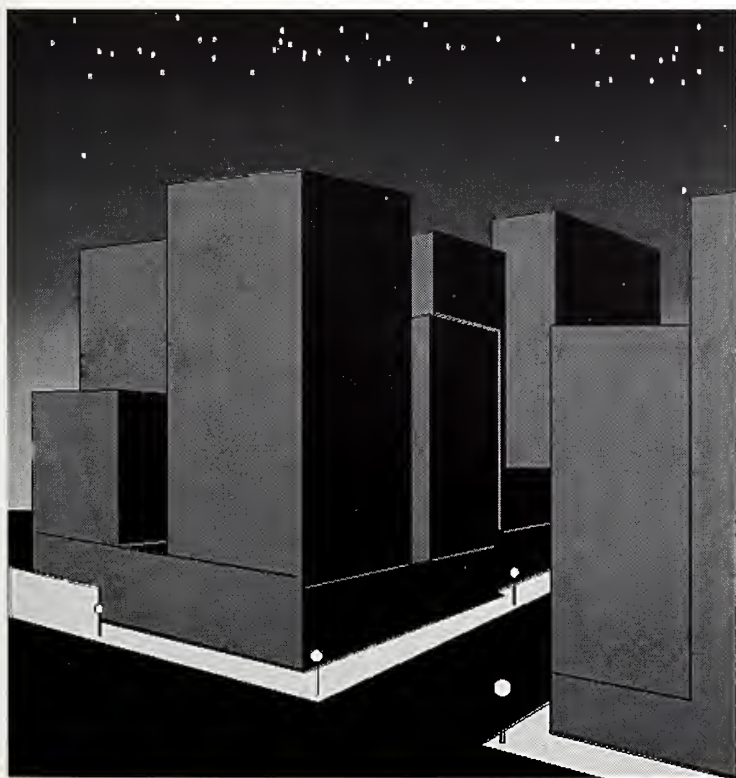
There is also a big difference in partying in Ark City than in Topeka. Reed has experienced a whole different concept of a party. "Until living here I had never been to a party in a field



before. It was kind of weird getting used to using the bathroom in a field. People in Topeka drink socially, and here people drink to get drunk."

Rickman is adjusting to city life compared to Sedan. "Going to school with different races is something that I never experienced in Sedan, but it is a change for the better. It is also hard to get into the habit of locking my doors to both my car and my house because I am not used to having to worry about safety."

Some changes are for the better, but some are for the worse. One thing is for certain- they both take time to adjust to a different way of life. Both Rickman and Reed have found that one way to adjust is to make friends and discover that it is not hard to adapt to a new environment, and they decided to make it a fun experience. "My friends are going to take me out muddin'. I had heard of it, but no one in Topeka really did it. I am looking forward to experiencing what my small town friends have done their entire lives!" exclaimed Reed.





Off-Beat Classes

From Postal Administration to Advanced Sewing,
Cowley has it all



By
Dane Janney

n college today you have a lot of decisions to make, what you want to do with your life, grades, and even what classes you need to take for your major, for example chemistry, speech, literature, Comp I and II, sewing, bowling, and postal management. Wait a minute, what were those last three? Yes, off beat classes that's what I am writing about. If you look through your course description booklet you will find some classes that you really wouldn't think that would be necessary to take in a school such as Cowley, but you're wrong.

According to Forest Smith, Registrar, these classes are not really off-beat, the reasoning for these classes is the demand from the opening of jobs, such as postal management.

"There is a demand for these jobs, and that's why we offer them," said Forest.

Of course, the postal management classes have not been offered for about four years now, but don't get your hopes down it might be back if there is a high enough of a demand for it.

Who knows maybe there will even be a class for sleeping. If there was, I think that I would probably take it and fair pretty well in it, and if I could major in sleeping, look out, Harvard here I come.

In all honesty I have no idea why they would offer these classes. Like sewing, I think you could learn that at home instead of coming and spending all of this money at college, but whatever floats your boat I guess. Maybe, just maybe, with a lot of hope and a little luck they will offer offbeat majors one of these days like shower taking tooth brushing or my favorite-bed making.

Homecoming 1996

We tip our hat...



By
Tori Gann

It was a magical night and busy homecoming week on Cowley's campus. Students and faculty were involved in many activities including comedian Vince Champ and the Jazz Festival.

"I think that all of the homecoming activities were a lot of fun," Sophomore Kevin Schwarzenberger said.



Cowley's annual talent show once again displayed the talents of many students. Sophomore Erica Gipson won first place with her singing. Ryan Smykil and K.B. Underkofler received second place.

Homecoming activities were concluded Saturday night. During halftime of the Men's Basketball game against Neosho, the ten homecoming finalists were introduced and Arie Jones and Dan Havner were crowned Queen and King.

The night concluded when students arrived to decorations of moons and stars at the Recreation Gym.

It was a week to thank the "Keeper of the Stars."



...to the keeper of the Stars

Cowley's Maestro

Instrumental music director keeps busy schedule



By
Kevin
Schwarzenberger

In 1990 WSU graduated Gary Gackstatter with a masters degree in music. Gackstatter then became Ark City high's band instructor. During his first year he had less than eighty members in the band. Over the four years he taught there the music program improved phenomenally. Highlights of the time of the spent there were the Arkalalah performances, the music festival and especially KMEA. They received straight ones for four years. On top of that they also received superior pluses, the best possible outcome. All of a sudden Gackstatter had turned them into musical beasts. Gackstatter was pleased to

be such a booster to the high school's program. He thoroughly enjoyed it and said his students were "really a bunch of good kid's." At the time Gackstatter resigned there were one-hundred fifty-five pre-enrolled band members for the next year. A decline resulted from this and the count shrunk back down under one-hundred.

Fortunately he has stayed in the community and is teaching here at Cowley. At the beginning of last year there wasn't really any CCCC concert or jazz band to speak of. Nine were enrolled in con-

cert and seven or eight in jazz. "We pretty much started from scratch," says Gackstatter. After only two weeks Gackstatter pulled in enough students to make great-sounding bands with performing attitudes fuelled by enthusiasm. Now three semesters later the concert band combined with the community band has fifty members and the jazz band has thirty. Gackstatter not only teaches concert and jazz band, but also teaches the community band, symphony, music appreciation, music theory, and lessons. "We have some of the best facilities in the state and are now overflowing," says Gackstatter

In a few years Gackstatter sees Cowley having both Freshman and Sophomore jazz bands, more combos, and a larger concert band. Here at Cowley Gackstatter would like to see "more music majors interested in a life-long career. We need to provide more opportunities to showcase talent." Gackstatter is recruiting, like crazy and sending letters all over.

Gackstatter has achieved his goal and plans to stay here at Cowley forever. When Gackstatter walks into the band room to rehearse with his students he glows with an accomplishing attitude, enthusiasm and his tag along humor. Gary Gackstatter deserves the highest respect and all available support from this college and community. Thank you Mr. Gackstatter.



Kennedy at Cowley

RFK Jr. shares environmental wisdom
with Brown Center audience



By
Tori Gann

o some people, April 22 is just another ordinary day, but that's where they are wrong. April 22 is Earth Day. Earth Day was celebrated in a special way at Cowley this year. Robert F. Kennedy Jr., environmental activist, delivered a message April 18 challenging students and community members to realize what they are doing to our world today, and the effects it will have on their future generations.

Kennedy's message localized Earth Day and showed Cowley students that

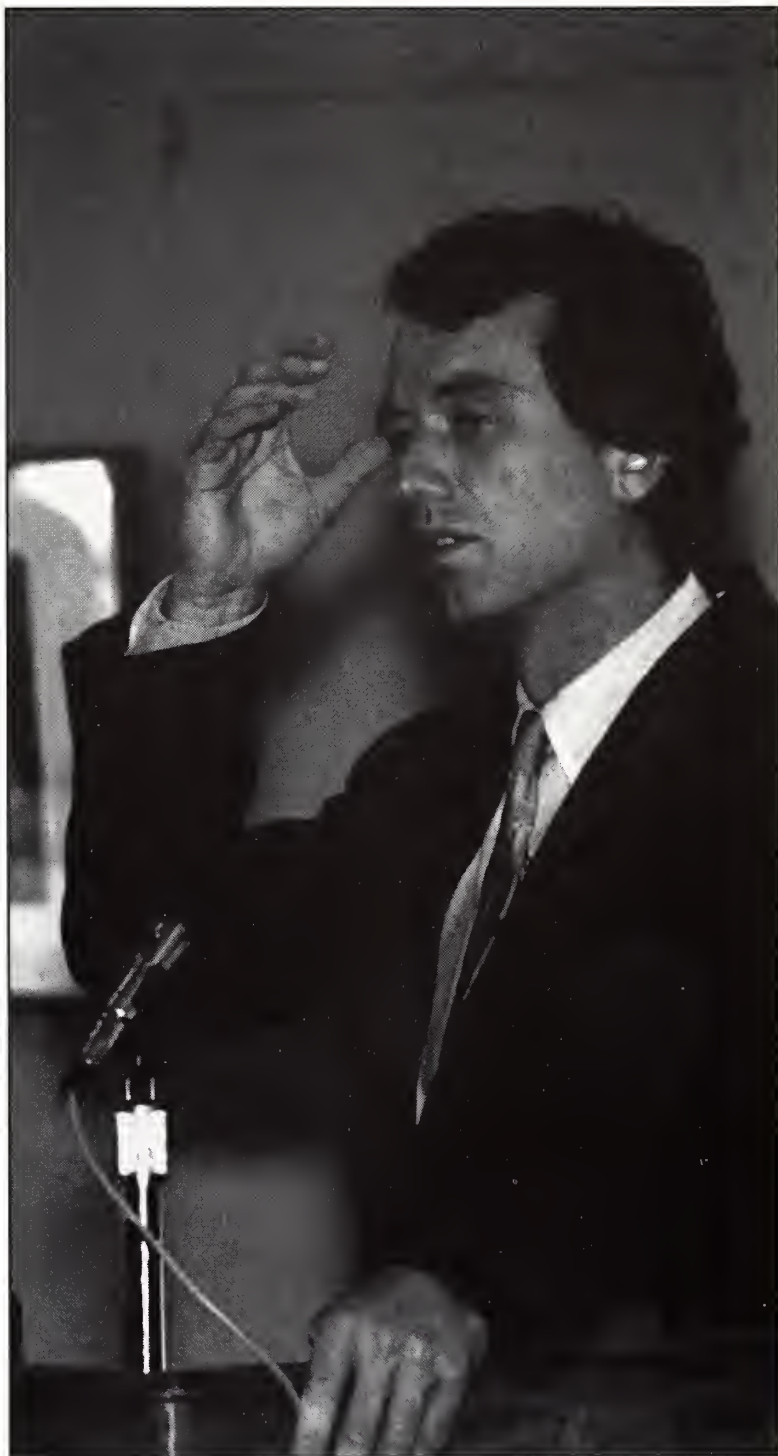
their future depended upon them.

"He showed how much each one of us can help," said one student. "By each of us doing something, it adds up."

Kennedy got his start in environmental politics after he graduated from Harvard and the London University of Economics. He later received his law degree from the University of Virginia Law School and then later attended Pace University School of Law and was awarded a Masters Degree in Environmental Law.

He is now working on many environmental projects. Kennedy is the clinical professor and supervising attorney at Environment Litigation Clinic at Pace University and is the chief prosecuting attorney for Hudson Riverkeepers. He also serves as senior attorney for National Resources Defense Council.

When he is not battling it out in the courtroom, Kennedy loves to go white water rafting, snow skiing, and spend time with his wife, their four children, and their many animals.



The Music Man



Shelby Miller runs the town as Mayor Shinn.

Brown Center Theatre transformed into River City, Iowa during Spring musical

Ryan Smykil strikes up the band as Professor Harold Hill.



Pam Prichard serenades a tune as librarian Marion Paroo.



Cast of Characters

Traveling Salesmen

Charlie Cowell

Conductor

Harold Hill

Mayor Shinn

Ewart Dunlop

Oliver Hix

Jacey Squires

Olin Britt

Marcellus

Tommy

Marian Paroo

Mrs. Paroo

Amaryllis

Winthrop Paroo

Eulalie Mackeckine Shinn

Zaneeta Shinn

Gracie Shinn

Alma

Maud

Ethel

Mildred

Mrs. Squires

Constable

Indian Girls

Children

Boys Band

*Donnie Ledford, Robert Neff, Jermaine Bingham, Adam Crain,
David Briggs, Clayton Whitson, Josh Arterburn*

Clayton Stacy

Wren Robinson

Ryan Smykil

Shelby Miller

Donnie Ledford

Adam Crain

Jermaine Bingham

Robert Neff

KB Underkofler

Ryan Chamberland

Pam Prichard

Kim Hockenbury

Leslie Prichard

Elizabeth Moore

Evan Gackstatter

Jennifer Booher

Brooke Blessing

Jennifer Huntsperger

Heidi Hawkinson

Carrie Yorke

Denise Noah

Mary Lee

Kacey McKibbin

Tyson Detwiler

Heather Contreta, Kara Fry, Arie Jones, Emily Lovelace,

Rebecca Moore, Jennifer Schroeder, Sheila Shockey

Amber Booher, Kristi Dilliner, Neely Robinson,

Christopher Robinson, Julie Schroeder, Bryce Scott

Evan Graber, Nishan Hovsepian, Ryan McGuigan,

Mike Osterthun, James Prichard, Matthew Ramirez



Harold Hill and
Marian Paroo
chit-chat in the
library.

Faces in the Crowd

The PULSE asked several Cowley students for short personal profiles. Here's what we received.

Jennifer Frakes

Major: Business Education

Hobbies: I like to spend time with my family, friends, boyfriend, and play softball and volleyball.

Employment: Yes I work at Boogaarts in Winfield about 30 hours a week. I like my job, because of the people I work with.

What do you like about CCCC? I like the flexibility. I also like the activities and the freedom, but most of all I like Cowley because I met my boyfriend there.



What are your future plans/goals in ten years: I plan to become a business teacher. In ten years, I see myself married and with children.

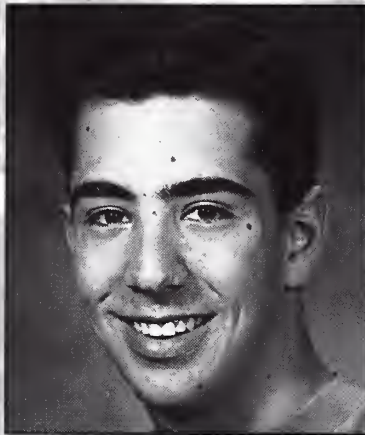
Where have you gotten most of you encouragement from and why: I get most of this from my parents because they believe in me. My boyfriend also gives me a lot of support.

What is unique about you: I come from a family of eleven, I'm number ten. Growing up was an experience in itself. I learned to fight for myself. I also play very low key until I get all the information and then I let go.

Tim Porter

Major: Secondary Education

Hobbies: Participating in school activities, running, exercising, hunting, fishing, and spending time with my friends.



Employment: Porter's Hometown Brand Center. I work for my parents at their appliance store here in Ark City. The job is sometimes not fun, but I enjoy the money.

What do you like about CCCC? I like that this school is so small. It makes it a lot easier to meet new people.

Communicating with teachers is much easier here.

What are your future plans/goals in ten years: I hope to finish my education at Emporia State then I'd like to teach Social Science courses and coach cross-country and track.

Where have you gotten most of you encouragement from and why: My parents have given me most of my support and encouragement. As far back as elementary school, they have helped me, supported my decisions, and provided many things through the years.

Kevin Hook

Major: Music Business

Hobbies: Sleep, watch T.V., play guitar and trombone, and day-dream

Employment: None

What do you like about

CCCC? The teachers are easy going and funny, especially Gary Gackstatter, I also really think the Pep Band makes the basketball games exciting.

What are your future plans/goals in ten years: I plan on moving to Los Angeles and possibly work for a record company to become a producer.

Where have you gotten most of you encouragement from and why: Most of my support has come from my mom because I have had to go through so tough times and just seeing how strong she is, has made me work hard and be strong.



What is unique about you: I'm probably the only Cowley student ever to eat a glass Christmas bulb. It happened when I was two, I had to be rushed to the hospital. I almost died.

Clay Bailey

Major: Criminal Justice

Hobbies: I like to fish, hunt, and camp.

Employment: I am on work study for the dorms. I enjoy it.

What do you like about CCCC? I like the student to teacher ratio. Also, I like the outstanding teachers like Gary Gackstatter and Elvin Hatfield.

What are your future plans/goals in ten years: I would like to be a millionaire and work as a U.S. Marshall or for the Secret Service.



Where have you gotten most of you encouragement from and why: My parents have given me financial encouragement.

What is unique about you: I was born without a hip. I collect hotwheels and I have been in a lot of car wrecks.

Jeremy Webster

Major: Electrical Engineering

Hobbies: I enjoy lifting weights and designing/installing car stereos.

Employment: I work part-time for T-N-T Pest Control. I enjoy it because I do a variety of jobs.

What do you like about CCCC? Most of my classes are small so I can get plenty of help when I need it. I also think most of the instructors are friendly and easy to work with.



What are your future plans/goals in ten years: In ten years, I plan to be working as an engineer, and possibly starting a Ph. D program.

Where have you gotten most of your encouragement from and why: I've gotten most of my support from my father. He has always believed in me and encouraged me to do the best I am capable of.

What is unique about you: I eat an unusual diet. It consists of a maximum of five percent carbohydrates, which means no chips, pastas, fruits, desserts, etc. I only eat foods high in protein and fat. It sounds strange, but it helps reduce body fat!

David Briggs

Major: Technical Theatre

Hobbies: I like to read books. I enjoy making new friends and moving into a new place every semester. I really like the outdoors, and I feel in my own eyes I am an expert opera singer.

Employment: When I first came to Cowley I worked for Harold Walker. That was a really fun job because I learned a lot about the community and the town of Ark City. Now I work for First Intermark and it is lots of fun because there are a lot of people.

What do you like about CCCC? I like the teacher. They honestly care about students and I enjoy the crime rate and Free Movie Night.

What are your future plans/goals in ten years: I'm just flying by the seat of my pants and letting all the doors get opened for me. In ten years I hope to be the most successful in my career.



Where have you gotten most of your encouragement from and why: Throughout my whole life, I would say my mom and while I was at college I would say Mrs. Ewing.

What is unique about you: I put in 250 hours last semester on a play and about 175 hours on the musical. And all of it is volunteer work.

Kristi Hillibert

Major: Forensic Psychology (Criminal Psychology)

Hobbies: I enjoy hiking, swimming, walking, fishing, biking, and reading.

Employment: Yes I am. I am a sales associate at the Arkansas City Wal-Mart in the jewelry department.



What do you like about CCCC? The people here on campus are easy to get along with. Students are all supportive of each other and respecting others goals and opinions. Another thing I have also enjoyed here is the fact that there are so many different kinds of people and you have many more opportunities.

What are your future plans/goals in ten years: I plan on transferring to Pittsburg State University and obtain a masters in psychology. After that I plan on going somewhere to get my Ph. D. I would like to work in the Behavioral Science Department of the FBI, in Washington, D.C.

Where have you gotten most of your encouragement from and why: Most, if not all of my encouragement came from my parents. They always supported me and helped me when I needed it.

What is unique about you: Do you believe in UFO? Well, I do. I am not necessarily Anti-Christ, but am open-minded to new and different ideas. I am highly involved with X-Files, Extra Terrestrial Life.

Hands Across Time



For each of the past four years, Cowley County Community College has sponsored a very special evening for senior citizens. It's called the Senior Senior Prom. The event has gone from W.S. Scott Auditorium to the Agri-Business Building. Each year it has been a huge success as more than 400 seniors from south-central Kansas and northern Oklahoma come out for the big party. Several seniors come back each year. And it not only gives senior citizens a night out, it gives the Cowley students who help make the night possible a chance to interact with people often four and five times their age.



Mark Jarvis, one of the primary organizers of the annual event, does his best impersonation of Buddy Holly, the rock 'n roll star of the 1950s.



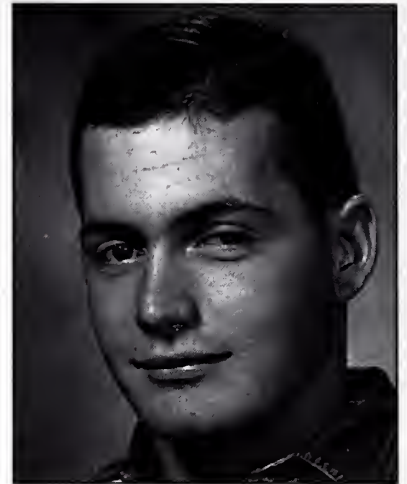
Opposite page: Senior Senior Prom would not be complete without the crowning of a Queen and King. And so it was again in March 1996.

Left: It takes a big crew to pull off another successful Senior Senior Prom. This group of volunteers worked countless hours to make the evening a memorable one.

Cowley Students of the Month



Paula Hoffman Dan Havner
September 1995 October 1995



Barbara Drouhard
November 1995



Arie Jones
December 1995



Pictured are the eight Students of the Month during the Honors and Awards Banquet. Later that night, Paula Hoffman was named Student of the Year.



**Paula Hoffman, Cowley's
Student of the Year, visits
with Maggie Picking.
Hoffman was later named
KACC Outstanding Non-
traditional Student of the
Year.**

***Carrie Froelich
January 1996***



***Flo Apraiz
February 1996***



***Cheryl Pack
March 1996***



***Debbie Carr
April 1996***



Mr. Cinderfella



By
Kevin
Schwarzenberger

Each April, more than a dozen Cowley males strut their stuff in one of the most hilarious events of the school year. Mr. Cinderfella is not for the ultra-masculine.

round January of last year, Dejon Ewing confronted me about a certain activity she wanted me to participate. She said, "Kevin I'd like you to be in Cinderfella."

At the time I had no idea what it was. Dejon told me just a little about it because she is always in a hurry ya know. I agreed to be in it, mainly because I was in her speech class and needed all the brownie points possible. Cinderfella is a Miss Kansas hosted, annual event at Cowley. It is a pageant with a major twist. Instead of smart and beautiful women, in Cinderfella all you have to be is a guy willing to make a fool of yourself.

There are three main events in Cinderfella, first, beach wear. Guys will wear anything from a rubber ducky inner tube to a mermaid suit to a hula skirt to scuba diver's gear. KB Underkofler did his impression of the average family at the beach stripping down to five different out fits. The second event is a talent show. To be effective each participant must either astound the audience with a true talent or humor them out of control.



Mr. Cinderfella 1995
John Mangelinkx

Dan Havner entertains the crowd at last year's event with a creative arrival on stage.



K.B. Underkofler surfs it up during the beach wear competition.

Highlights of '95's Cinderfella were Dibi Ray and Nathan Pykiet's version of In Living Color's "Men on Film," and Chris Evans and Clayton Whitson's synchronized swimmers. Freshman John Mangelinkx won the event.

Then the contestants show off in evening wear. This is their chance to present the audience and the judges with their last words before the "crowning."

Different awards are presented, including a 'want to take him home award,' stage presence award, cutest award, best dressed award, and best talent award.

Then Miss Kansas announces the three runners up. Finally, the new Mr. Cinderfella is announced which is the greatest honor know to man. Well not really, but if you are in the contest, it sure is fun. In fact, fun is what the entire event revolves around. The winner does not win a lot of money or a trip to Europe. Examples of things that are usually won are bowling pins, boxer shorts, high heels, hula hoops, tanning oil, mannequin heads, \$20 worth of change, Wal-Mart ties, and coupons.

If you missed Cinderfella last year make a point to show for next year's. But for those who were able to see it, participated in the wildest, clean fun on the planet.

Tiger Stripes

Other Stuff that Happened During the Semester



Two Cowley students named to All-Kansas Academic Team

Two Cowley County Community College students were named to the All-Kansas Academic Team. Paula Hoffman, a sophomore from Winfield, and Florencia Apraiz, a sophomore from Argentina and a 1994 graduate of Arkansas City High School, were chosen after being nominated by Cowley's Phi Theta Kappa academic honor society. Hoffman, a pre-physical therapy major, carries a 4.0 grade-point average. Apraiz, a business administration major, also carries a 4.0 GPA.



Cowley students earn \$1,000 scholarships to WSU business school

Five Cowley County Community College students were awarded \$1,000 scholarships from the Barton School of Business at Wichita State University. Katie Nugen of Wellington, Barbara Drouhard of Danville, Penny McPherson of Winfield, Emili Leniton of Arkansas City, and William Richardson of Conway Springs are this year's recipients from Cowley. To qualify, students had to have a cumulative grade-point average of 3.0 or above, maintain a full-time enrollment status of at least 12 academic credit hours, and have a declared major in an accounting or business-related field.



Cowley aeronautics students capture awards at skills contest

Aaron Sharp of Arkansas City, Gary Lowden of Winfield and Isaac Robinson of Winfield received medals for placing in the top three at the Vocational Industrial Clubs of America State Aviation Skills Contest held at Cowley County Community College's Strother Field facility. The three Cowley students received their medals at an awards ceremony in Wichita on April 19. Sharp won his category, Lowden was second, and Robinson third in the contest. During the last week of June, Sharp will travel to Kansas City to compete in the national VICA skills championship. Larry Head is Cowley's aeronautics instructor.



Galle-Johnson Hall still being renovated

The main floor of Galle-Johnson Hall received a facelift during Christmas break 1995, making way for student services, the business office and the registrar's office to be relocated. The next phase of the remodeling plan is the administrative offices along the south side of the hallway. Work is scheduled to begin after July 1, according to Sid Regnier, vice president of business services. Remodeling is being done in order that Cowley can better serve its customers.



Cowley cosmetology students place high at VICA skills championships

Cosmetology students from Cowley County Community College earned high marks at the 1996 Kansas Vocational Industrial Clubs of America Skills Championships held April 17-19 at Century II in Wichita. Following is a list of students who competed along with their sponsors. Listed is the place, category, stylist and sponsor, followed by the model and their sponsor: First place, hair, Javier Macias, Winfield; sponsor, Ginger Triplet, Mor-Pizzaz, Winfield. Teammate Mandy Beck, Winfield, model; sponsor, Karen Deakins, Personal Touch, Newkirk, Okla. First place, nails, Kelly Williamson, Dexter; sponsor, Keith and Clif Flower, Shear Point, Winfield. Teammate Heather Piatt, Winfield, model for hair and nails; sponsor, Northwest Community Center, Arkansas City. Third place, prepared speech, Lynzee Perdaris, Winfield. Other students competing: Tracey Donaldson, Arkansas City, stylist; sponsor, Northwest Community Center. Perdaris, Winfield, stylist; sponsor, Smyer Travel Service and Winfield Courier. Model for hair and Perdaris' teammate, Jeni Bruce, Burrton; sponsor, Smyer Travel Service and Winfield Courier. Lisa Brown, Arkansas City, stylist; sponsor, Wayne Steadman and Winfield Floral. Model for hair and Brown's teammate, Stephanie Long, Haysville; sponsor, Wayne Steadman and Winfield Floral. Tammy Beach, Winfield, nail tech and teammate for Long; sponsor, Wayne Steadman and Winfield Floral.



Two Cowley students qualify for national Phi Beta Lambda contest

Barbara Drouhard and Matt Rathbun, Cowley County Community College students, qualified for the national Phi Beta Lambda business contest after capturing first place in several categories at the state contest held in March. Drouhard, a sophomore from Danville, and Rathbun, a freshman from Derby, qualified for the national PBL contest in July in Washington, D.C. Bart Allen, Peggy Paton and Marilyn Denny, Business and Service Technology instructors, are club sponsors. Drouhard, who also qualified last year, earned first-place finishes in the two-year division in the category of Finance and in Information Management. She finished second overall in each category. The overall division includes four-year schools. This year's state contest was held at the Ramada Inn in downtown Wichita. Rathbun was first in the two-year division and first overall in the category Computer Applications. He finished first in the two-year division and second overall in Computer Concepts. Drouhard, Rathbun and Florencia Apraiz finished second in the two-year division and second overall in the Business Decision Making category. The other first-place finishes for Cowley in the two-year division went to the team of Jennifer Schrimsher and Ryan Van Fleet in the category Desktop Publishing, and to Apraiz in the category Marketing. Schrimsher and Van Fleet finished second overall. Van Fleet also finished third in the two-year division in the category Management.

Tiger Stripes

Other Stuff that Happened During the Semester



Cowley freshman helps secure \$500 literacy grant

The \$500 literacy program grant Cowley County Community College freshman Jeanne Carter helped write had been submitted, and school officials were told they would hear back in eight to 10 weeks. Four or five months later, Carter received a telephone call saying that the grant had been approved for \$450 of the \$500. It was the first time a current Cowley student had been so involved in writing a successful grant. "I did some research on other grants," said Carter, a business administration major. "We started broad, and Mark Jarvis had given me different grants he had written." Jarvis, Humanities Division instructor at the college, read Carter's work. He then passed it on to Lu King, president of the Arkansas City Literacy Council, and Terry Eaton, GED/ABE instructor at Cowley. And Connie Bonfy, chief grant writer for the college, read it before it was submitted. "I was really excited to hear that we'd been at least partially funded," said Carter, the daughter of Robin and Sandy Carter of Goddard. "I had never done anything like this before." The grant helped the literacy council combat the problem of adult illiteracy using the Laubach Way to Reading Workshops. The funds helped purchase necessary books and supplies for sessions that were first held March 29 and 30 at Cowley. Carter received the check during spring break. Carter spent about 1 1/2 months writing the grant, which was four pages long. The criteria wanted Carter's background, the timeline in which the money would be used, how the money would be used, and a description of the problem in Arkansas City.



Phi Theta Kappa conducts spring initiation

The Alpha Gamma Upsilon chapter of Phi Theta Kappa held its spring initiation at April 28 in the Earle N. Wright Community Room located in the Brown Center for Arts, Sciences and Technology. President Jonathan Taylor presided over the candle-light ceremony. Initiates qualified for membership by earning a minimum grade-point average of 3.25 and being recognized by at least three Cowley staff members and/or instructors as having leadership potential and a positive outlook toward education. These students must also be working toward an associates degree. Spring 1996 initiates:

Ryan Almes, Herington; Briana Benjamin, Mulvane; Michael Biltz, Arkansas City; Jeana Black, Derby; Joni Brinigar, Winfield; Rose Brown, Peru; James Burkett, Arkansas City; Jennifer Burns, Arkansas City; Brent Byers, South Haven; Jeanne Carter, Goddard.

Jobie Cleveland, Arkansas City; Timothy Coltharp, Sedan; Mandy Cox, Arkansas City; John Dyke, Derby; Teresa Edwards, Wichita; Ronald Eldridge, Haysville; Sean Enslinger, Wichita; Angela Ewertz, Belle Plaine; Elaine Fleetwood, Goddard; Carrie Froelich, Havana.

Steven Gallagher, Arkansas City; Lindsay Gifford, Wellington; Scott Giger, Geuda Springs; Lynette Gillespie, Wichita; Aaron Groom, Winfield; Maggie Hadsell, Wichita; Maejean Hammar, Wichita; Sarah Hankins, Arkansas City; Tabatha Hatfield, Arkansas City; Christopher Hayes, Mulvane.

Radonna Hedrick, Arkansas City; Lora Heinitz, Valley Center; Heidi Henning, Wichita; Kimberley Hockenbury, Arkansas City; Kevin Hook, Arkansas City; Adelia Hooley, Arkansas City; Ronald Hoskins, Arkansas City; Kimberly Houk, Geuda Springs; Sharon Kimberly-Nuzzi, Wichita; Chastity Kiser, Wichita.

John Lawrence, Winfield; Misty Lazar, Udall; Mary Lee, Halstead; Kari Lockwood, Arkansas City; Emily Lovelace, Wichita; Nancy MacKay, Mulvane; John Mars, Arkansas City; Kacey McKibbin, Olathe; Garrett McMillan, Viola; Shelby Miller, Winfield.

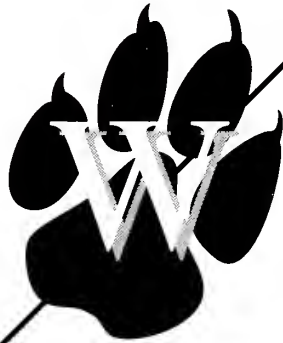
Jason Mills, Arkansas City; Rebecca Moore, Arkansas City; Kristal Nehring, Arkansas City; Ashley Powers, Wichita; Lee Ann Pernice, Derby; Amy Poland, Wichita; Amy Price, Winfield; Brian Pulkrabek, Derby; Cindy Pywell, Wichita; Sarah Ramirez, Arkansas City.

Shinesta Rhodes, Arkansas City; Jamie Roads, Haysville; Michael Robinson, Haysville; Trent Roehler, Topeka; Sarah Rose, Rock; Elva Saenz, Winfield; Carol Schierling, Elmdale; Sheila Shockey, Peck; Tannith Skeels, Belle Plaine; Petra Sobba, Arkansas City.

Clayton Stacy, Arkansas City; David Stapleton, Coffeyville; Lorelee Steffens, Belle Plaine; Stacy Stoy, Arkansas City; Bryan Strack, Arkansas City; Jamie Sybrant, Arkansas City; Gina Templeton, Choctaw, Okla.; Jonathan Tiffany, Wichita; Kyle Thatcher, Winona; Mary Thomason, Oologah, Okla.; Debra Walker, Arkansas City; Rachael Weekley, Arkansas City; Stacey Winegarner, Wichita; Jamie Wright, Mulvane; Linda Yu, Arkansas City.

Spring Phi Theta Kappa initiates register during ceremonies April 28. More than 80 students gained membership in the academic honor society.

Queens of the Diamond



By
Carrie Froelich

When you ask any Cowley softball member why their team is so successful, they will all say the same thing—teamwork. “Everyone has a part, and everyone feels as though their position and job is

important,” said Darla Heffron, freshman, “There are no I’s, only we.”

Head coach Ed Hargrove agrees with his players.

“This is a real close-knit group,” Hargrove said, “but we must maintain that closeness through the whole season.”

However, teamwork is not the only strength of the Tigers. The team’s defense is considered as one of the best around.

“Our team’s defense is some of the strongest I have ever seen,” Hargrove said, “That is definitely one of the strengths that we must key on.”

At the beginning of the season, the Lady Tigers saw some injuries, especially to their pitching staff.

“You are only as strong as your pitching,” Hargrove said. “Our only weakness could be the uncertainty of our pitching. If everyone is healed, then it (pitching) will be a strength.”

To help their pitching staff, the Tigers acquired Nowa Parks, a pitcher from Valley Center. The previous semester Parks pitched for the Oklahoma State softball team.

“Nowa is a very good pitcher,” he said, “The team’s success will depend on how well she pitches.”

Hargrove looks to Parks and sophomores Kristen Mason and Melanie Hennesy to lead his team this season.

“The team will go as Kristen goes,” he said. “As a shortstop, she is involved in almost every play of the game, therefore it is important that she does well.”

Mason, who is the Tiger’s lead-off hitter, feels that this year’s team is better than last year’s squad who finished with a record of 38-9 and won the Jayhawk East.

The squad looks forward to their games against rivals Johnson County and Barton County.

The Tiger’s began the season strong by winning their first seven games.

*“This is a real close-knit group,
but we must maintain that close-
ness through the whole season.”*

-Ed Hargrove, coach

Off the Field

Kristen Mason

Birthday: 4/15/76

Sport: Softball

Position Played:
Shortstop



Uniform Number: 6

Major: Physical Education/English

Hometown: Arkansas City

Feelings about the season: We've had some ups and downs so far, but I think that we will peak when the time is right. We still believe in ourselves.

Sports Highlights: Most Athletic Senior Girl, All-League in Softball and Volleyball, Honorable Mention All-Conference in Softball (1994-1995), and Most Inspirational (1994-1995).

Next Years plans: Attend Oklahoma State University.

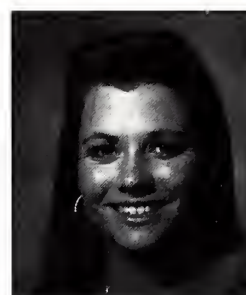
Words of Wisdom: Even if you have a bad game, keep your head up, keep your confidence, and everything will work out fine.

Nowa Parks

Birthday: 11/7/75

Sport: Softball

Position Played:
Pitcher/ 3rd base



Uniform Number: 13

Major: Agriculture Economics

Hometown: Valley Center

Feelings about the season: At times we were struggling with our hitting and making routine plays, but those are things that can be taken care of with practice.

Sports Highlights: Last year, i played softball for Oklahoma State University; there we won the Big Eight Conference Championship. In high school I was a member of the first team All-League as a pitcher at 3rd base my freshman through senior years.

Words of Wisdom: Always learn from your mistakes.

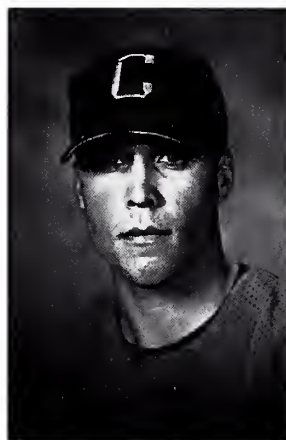
Seeing Double



Ashley Plumer



Erin Plumer



Tyler Osborn



Tyson Osborn



By
Kevin Schwarzenberger

ave you ever wondered what it would be like to have an identical twin? What if you were both very active in sports and even accepted scholarships to the same college? This story is true for not just one set of twins at Cowley, but two: Tyson and Tyler Osborn and Erin and Ashley Plumer.

Tyson and Tyler are sophomores at Cowley. Growing up in Burden, Kansas they were very active playing football, basketball, and baseball. In high school they were in all the same classes. For the Osborn brothers, there are some bad

things about being twins that many do not see. They feel like they are constantly being compared to the other. "There was always the question of who is better and constant negative competition," says Tyson.

But on the other hand they say they always had the other there. If they would have grown up alone they would never have had the push to be so good at sports. They could always play catch or practice anything together.

Tyler and Tyson have never spent much time apart or even thought about what it would be like. Still today they are in all the

same classes. Now they each have their own clothes but still share from time to time. They do not live in the same dorm room, but they share a bathroom. Their majors both involve sports. Tyson is looking at a degree in physical education, while Tyler is considering physical education and sports medicine. The Osborn brothers are looking at transferring to Emporia State University.

Erin and Ashley Plumer are from Salina, Kansas. They came to CCCC not knowing anyone, but their twin. The Plumer sisters feel that they will be together until they have jobs out of college. As for now, they share the same massive wardrobe and car. They have minor conflicts with each other, but at the same time they are honest with each other.

Erin and Ashley feel the only thing really bad about being a twin is that they are always treated as one individual. They have the same friends, do the same things, and are always together. Neither of them can imagine what life would have been like without the other. Like the Osborns, Erin and Ashley both have all the same classes and both got athletic scholarships. Ashley plays softball while Erin plays basketball and tennis. They are both working toward a pre-medicine degree.







